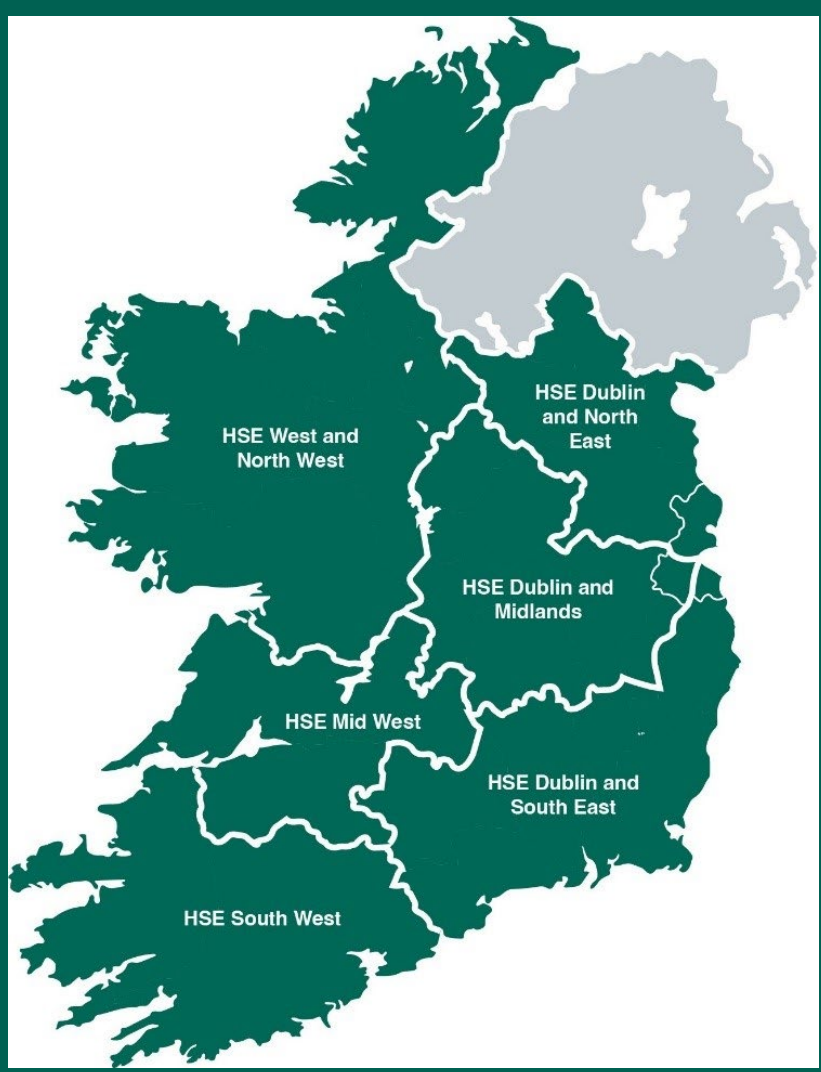




# Regional Population Profiles

## National Comparative Report



April 2024  
(Version 03)

Document Control

Version No.	Approval Date	Section(s) Updated	Summary of Update	Author(s)
Version 01	25 <sup>th</sup> April 2024	All sections	Review and approved by Population Based Planning Steering Group First Version	M Browne N Petty-Saphon
Version 02	10 <sup>th</sup> May 2024	Summary and Health	Additional key findings added and CHN map on page 12 updated	M Browne
Version 03	26 <sup>th</sup> July 2024	Summary	Bullet 9: Corrected the data relating to the proportion of people that do not speak English well or at all in DNE Region	M Browne

## Welcome

The aim of Slaintecare is to deliver the right care in the right place and at the right time. Six Health Regions have been established to achieve this aim. In order for Regions to prioritise and plan services that meets the needs of their population it is essential to have good information.

This comparative report builds on the current Population Profiles developed for each Region (March 2024) and available at [Regional Population Profiles](#). It provides a profile of the overall population through the agreed set of 12 parameters within each Regional Profile to inform and support the planning of health services. For each parameter a comparison is provided across the six Regions and at national level.

Thanks to all those who have been central to the production of this profile: the HSE Population Based Planning Profile Group, Regional Departments of Public Health, 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.

We look forward to collaboratively building on this first national comparative report to include additional parameters that focus on health status, health outcomes and health resources.

Sincerely,

A handwritten signature in black ink that reads "John Cuddihy". The signature is written in a cursive, slightly slanted style.

**Dr John Cuddihy,**

**National Director of Public Health**

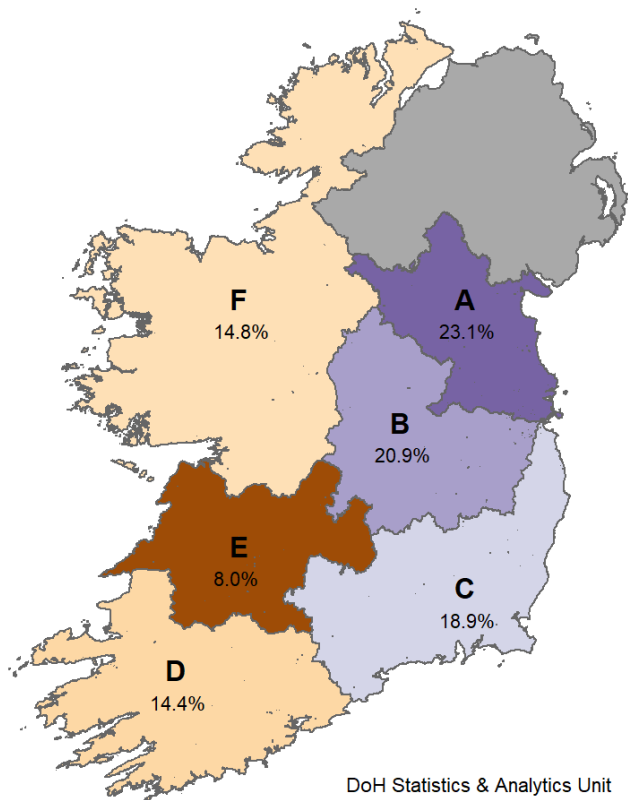
There are just under 5.15 million people in Ireland. This report provides an overview of the population, nationally and for the six regions. It should be noted that while several similarities exist between regions, considerable variation exists at sub-regional level which can be further explored through the [Regional Population Profiles](#) and associated CHN Profiles.

### Key Findings

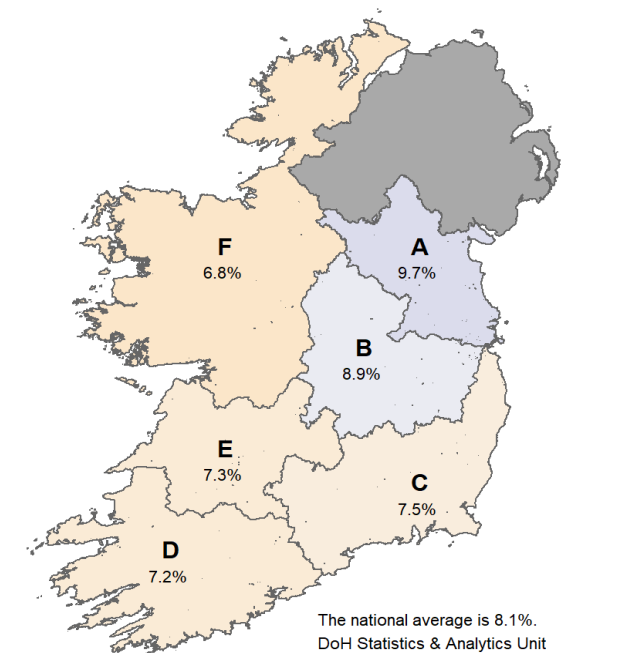
- Health Regions vary in population **size**, the largest is Dublin and North East (23.1% of the population) and the smallest is the Midwest (8.0% of the population).
- The **oldest** population (65+ years) is the West and North West and the **youngest** (<15 years) is Dublin and North East.
- The **population increase** between 2016 and 2022 was largest in Dublin and North East and lowest in the West and North West.
- The proportion of people aged **20-44 years** is higher than the national average in Dublin and North East and Dublin and Midlands and lower in the other Health Regions.
- There is **variation in deprivation** with areas of extreme affluence and extreme disadvantage in **all health regions**.
  - Overall, the most affluent region is Dublin and South East.
  - Dublin and Midlands has the highest proportion of people that are very or extremely disadvantaged.
  - The Mid-West has the highest proportion of people who are extremely disadvantaged
- Levels of **unemployment** are highest in Dublin and North East and lowest in the South West.
- Nationally 42.8% of the population have a **third level education**. The proportion of people with a third level education is highest in Dublin and South East and lowest in the Midwest.
- One fifth of the population were **born outside of Ireland**. This is highest in Dublin and North East and lowest in the Midwest.
- The proportion of people that **do not speak English well or at all** is highest in Dublin and North East. This region is the largest of the six health regions, and equates to over 29,000 people that do not speak English well or at all.
- Nationally nearly 300,000 people provide **regular unpaid care** to a family member, neighbour or friend. Proportionally, this is highest in the West and North West and lowest in Dublin and North East.
- Levels of **smoking and disability** between health regions are not dissimilar. Self-reported health is poorest in the Mid-West.
- Considerable **variation exists at sub-regional level** highlighting the value in sub-regional analysis for population profiling.

# Population Size 2022

**Introduction:** The population of Ireland is 5,149,139. There are six Health Regions (HR) in Ireland, with populations ranging from just over 400,000 (Midwest) to just under 1.2 million (Dublin and North East) people. There are between eight and 20 Community Health Networks (CHNs) in each HR, with populations ranging in size from 32,000 to 81,000 people.



## % Change in Population 2016-2022



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%

Heath Region	% Change
Dublin and North East	9.7%
Dublin and Midlands	8.9%
Dublin and South East	7.5%
Midwest	7.3%
South West	7.2%
West and North West	6.8%

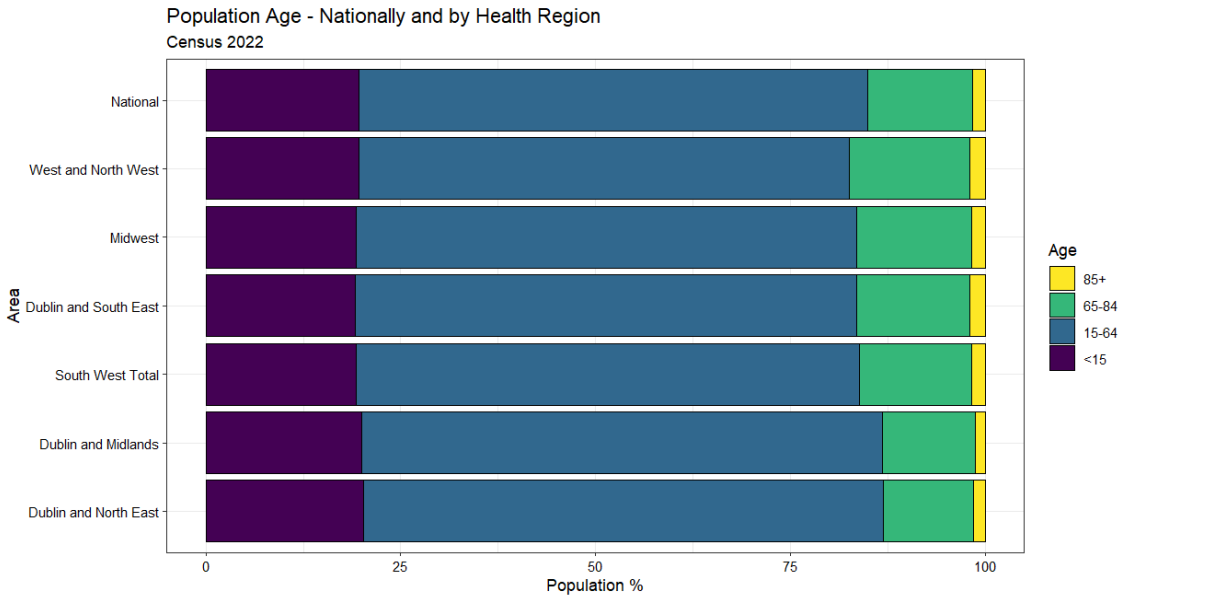
# Age and Sex

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 pyramids below display the total population for both male and females in each HR in 5 year age groups with national average shown in black. While every HR follows a similar shape, there are variations between regions.



## Young and old across Health Regions

The graph below shows the distribution of the population by age group (under 15, 15-64, 65-84 and 85+ years) nationally and by HR. The HR 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. Nationally, **15.1%** of the population are aged 65+ years. The proportion of people aged 65+ is highest in the West and North West (**16.5%**) and lowest in Dublin and North East (**13.0%**). Nationally the proportion of people aged 85+ years is **1.6%** - highest in the West and North West (**1.9%**) and lowest in Dublin and Midlands (**1.3%**). Dublin and North East has the largest proportion of people aged <15 years (**20.2%**) and Dublin & South East has the smallest proportion of people aged < 15 years (**19.1%**).



### Population Health Implications:

- Health Regions have slightly different age structures and may differ in their healthcare needs.
- There is variation in age distribution within a Health Region, which is described in more detail in the Regional Population Profile.

# 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/score of deprivation. The table outlines some of the determinants used to make the HP index.

HP Determinant	National Pop %	DML Pop %	DNE Pop %	DSE Pop %	MW Pop %	SW Pop %	WNW Pop %
Age dependency rate*	34.7	33.2	33.3	35.6	35.9	35.3	37.0
Classes - professional, managerial & technical	39.9	38.7	39.0	44.3	37.9	40.3	38.3
Classes - semi & unskilled	14.3	14.1	14.1	13.4	14.5	14.7	15.7
Education - primary or lower	8.5	8.5	8.4	7.7	8.6	7.7	10.3
Education - 3rd level	33.9	33.5	33.5	37.3	31.2	33.9	32.2
Unemployed - aged 15+	4.3	4.5	4.6	4.1	4.1	3.6	4.4

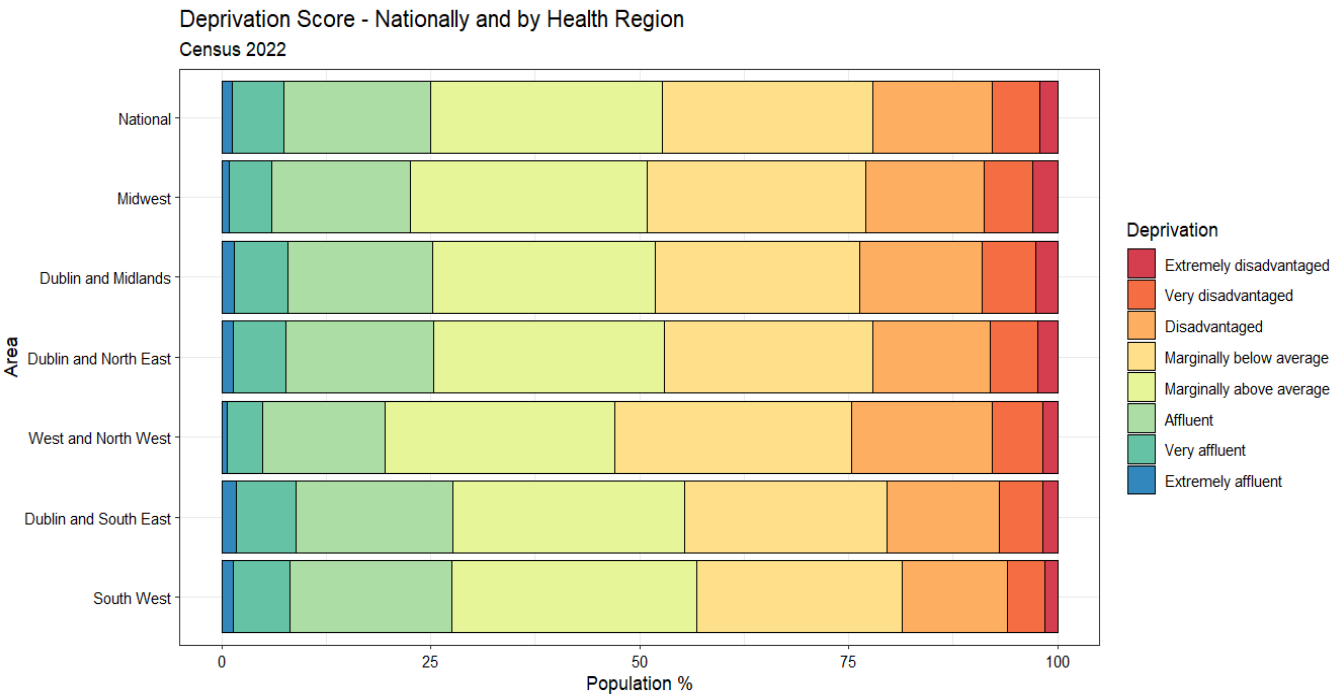
\*Definition : Percentage of people who are under 15 or over 64 years of age out of the total population

Orange – above National Population %

Blue – below National Population %

## Deprivation score – Nationally and by Health Region

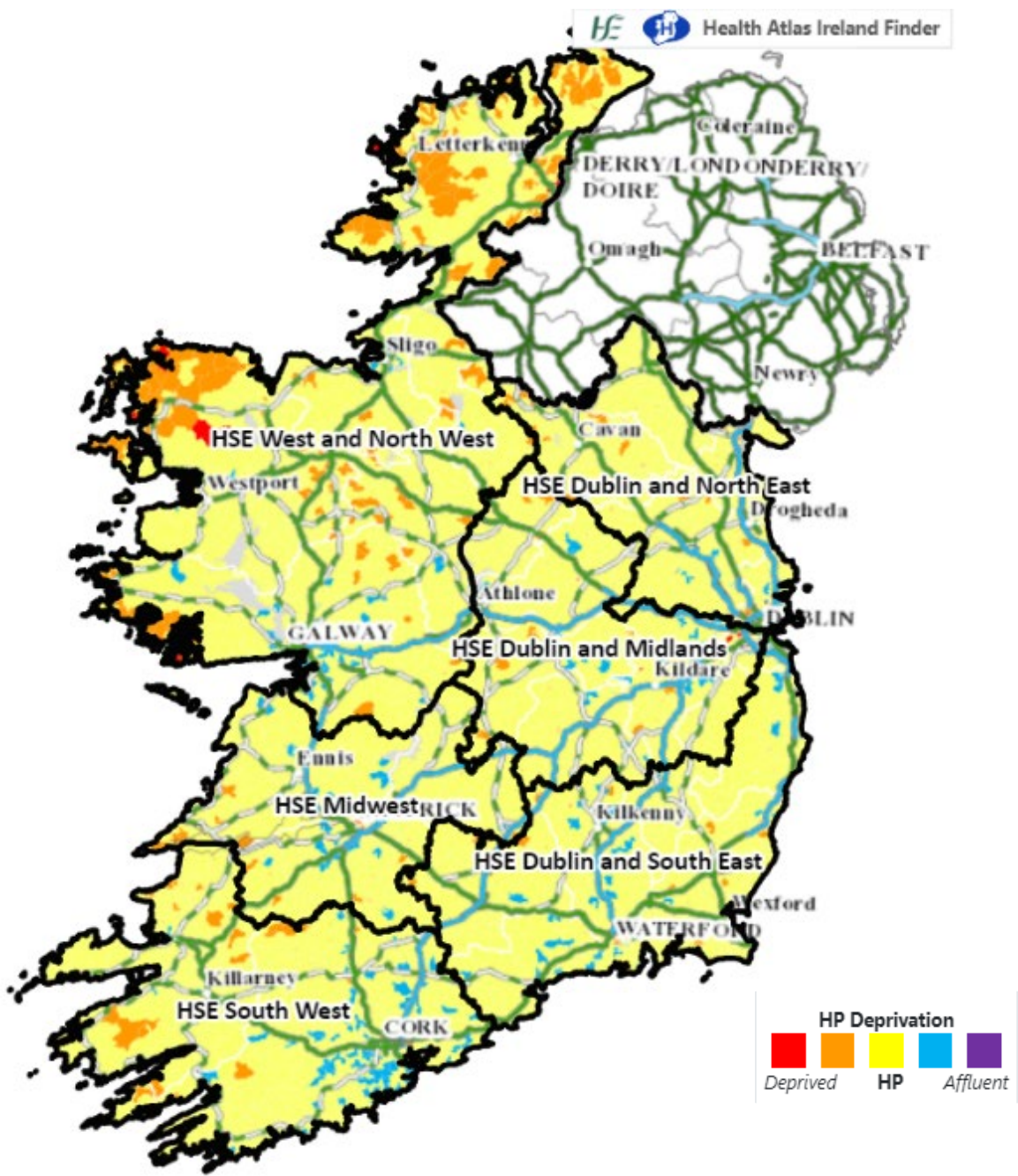
The graph below shows the distribution of deprivation in the population nationally and by HR. The HRs are ordered with the highest proportion of population that are extremely disadvantaged at the top – displayed in red. Nationally **7.8%** of people are very or extremely disadvantaged (red and orange bars below). The HR with the **greatest** proportion of people who are very or extremely disadvantaged is Dublin and Midlands (**9.0%**). The HR with the **lowest** proportion of people that are extremely or very disadvantaged is the South West (**6.1%**).





# Deprivation

The map below shows Ireland 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. At a national scale it is difficult to visualise areas of deprivation but maps of small areas can identify specific areas of deprivation and the population density in those areas. Further examples are provided in each Regional Population Profile.



## Population Health Implications:

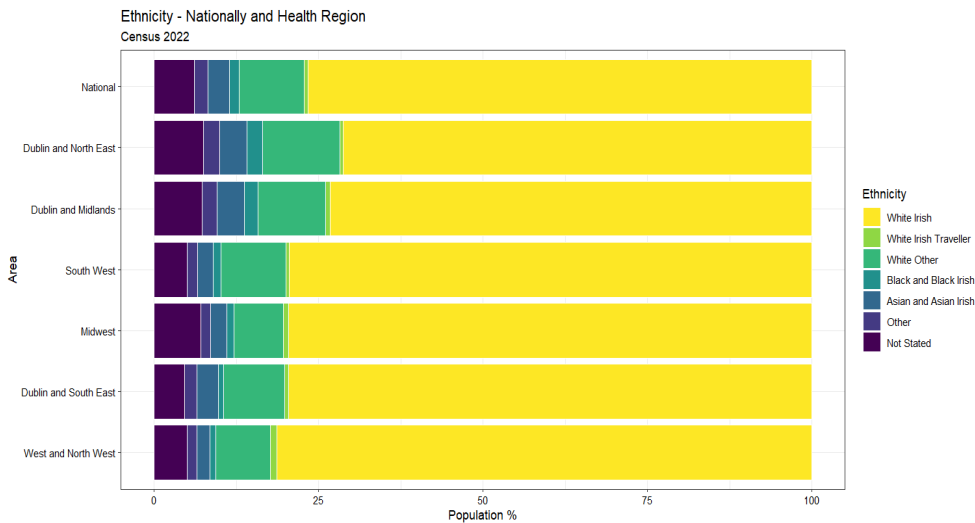
- There is a well-established social gradient in health. Increased deprivation is associated with poorer health outcomes including lower life expectancy, development of long-term health conditions and mental illness.
- At a Health Region level the average deprivation score is similar to the national picture, but considerable variation exists **within** regions (detail available in the [Regional Population Profiles](#))
- The maps show there are pockets of deprivation throughout the country. Further identification of areas of high levels of disadvantage can be examined at smaller geographical levels e.g. CHN and small area allowing specific needs to be assessed, interventions targeted and tailored to reduce health inequalities.



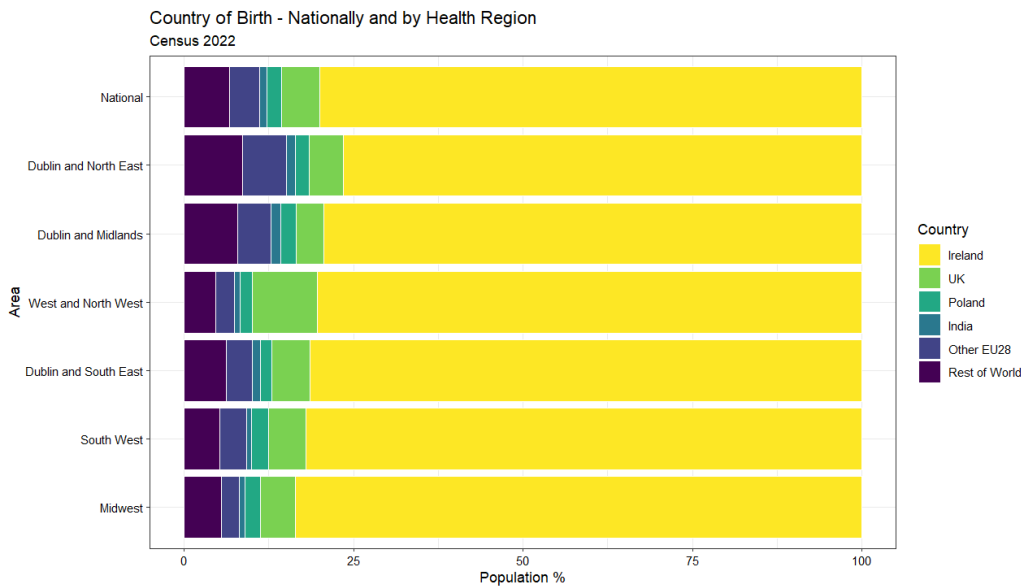
# Ethnicity and Country of Birth

Some 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.

Nationally **76.6%** of the population identify as ‘White Irish’. This is lowest in Dublin and North East (**71.2%**) and highest in the West and North West (**81.3%**). The proportion of White Irish Travellers nationally is **0.6%**. This ranges from **0.5%** in the South West to **1.0%** in the West and North West.



Ethnicity was not stated for 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 and by HR. Nationally **20.0%** of people were born outside of Ireland. This is highest in Dublin and North East (**23.5%**) and lowest in the Midwest (**16.4%**). The composition of country of birth outside of Ireland differs between regions. Over half of the 19.7% of people born outside of Ireland in the West and North West were born in the UK. In comparison under a quarter of the people born outside of Ireland in Dublin and North East were born in the UK.



### Population Health Implications:

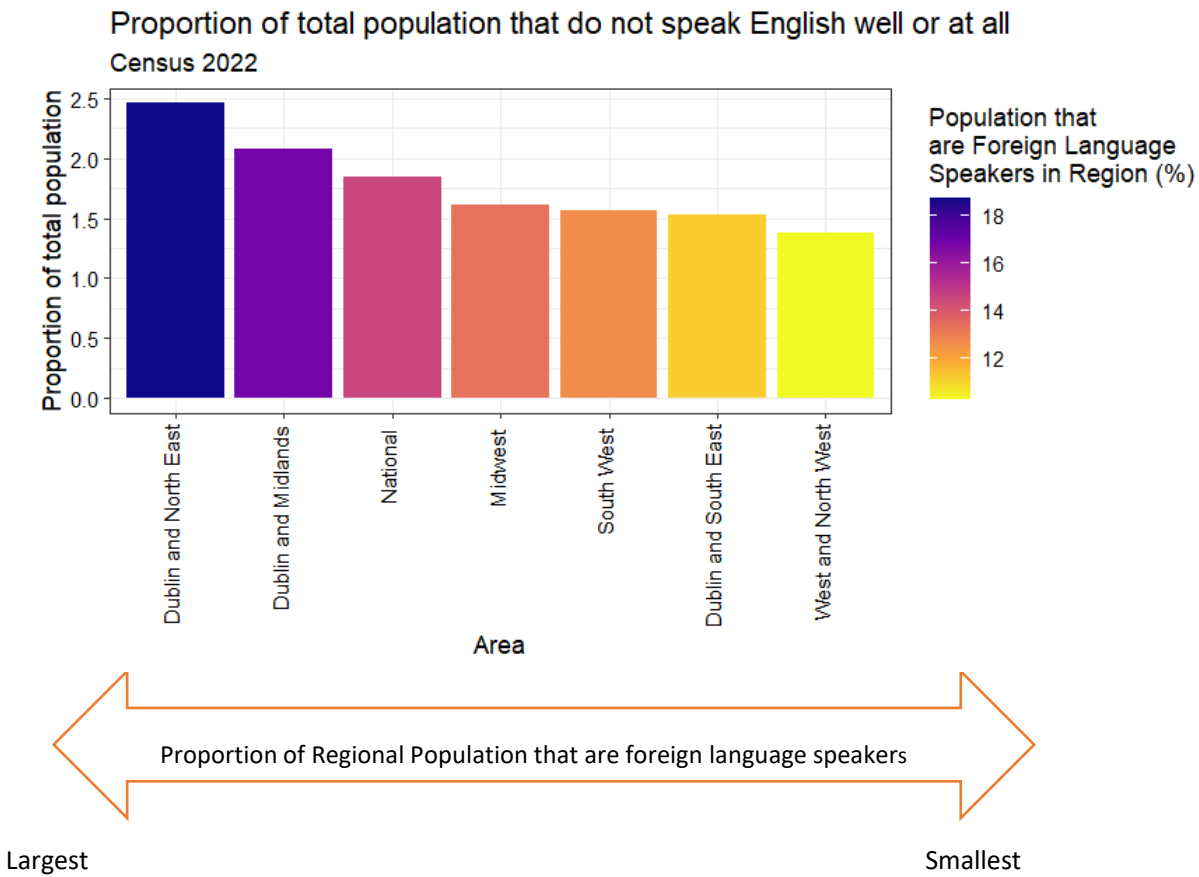
- Areas with higher levels of migration and minority ethnic groups may require specific interventions to ensure culturally appropriate services and information is available to the population
- Health needs may differ for different ethnic groups

Language barriers can lead to difficulties accessing suitable healthcare and unequal health outcomes. They also impact on the wider determinants of health, for example, employment. They impact on the cost and quality of healthcare.

The graph below shows the proportion of the total population in each region that do not speak English well or at all, ordered by the percentage population in each region that are foreign language speakers.

Nationally **15.1%** of the population speak a language other than English or Irish at home, and **1.6%** of the population do not speak English well or at all.

At HR level as the proportion of foreign language speakers decreases, so does the proportion of population that do not speak English well or at all. Dublin and North East has the highest proportion of population that do not speak English well or at all (**2.5%**), and the highest proportion of people that are foreign language speakers (**18.7%**). The West and North West has the smallest proportion of population that do not speak English well or at all (**1.4%**) and the smallest proportion of foreign language speakers (**10.3%**).

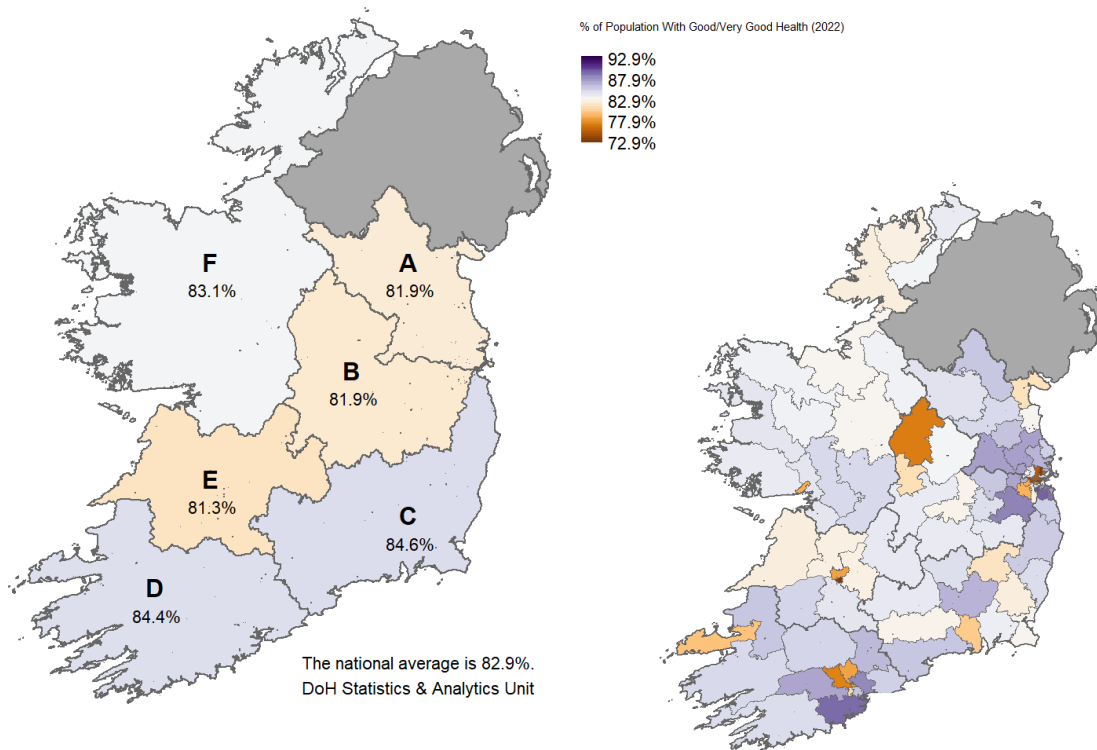


### Population Health Implications:

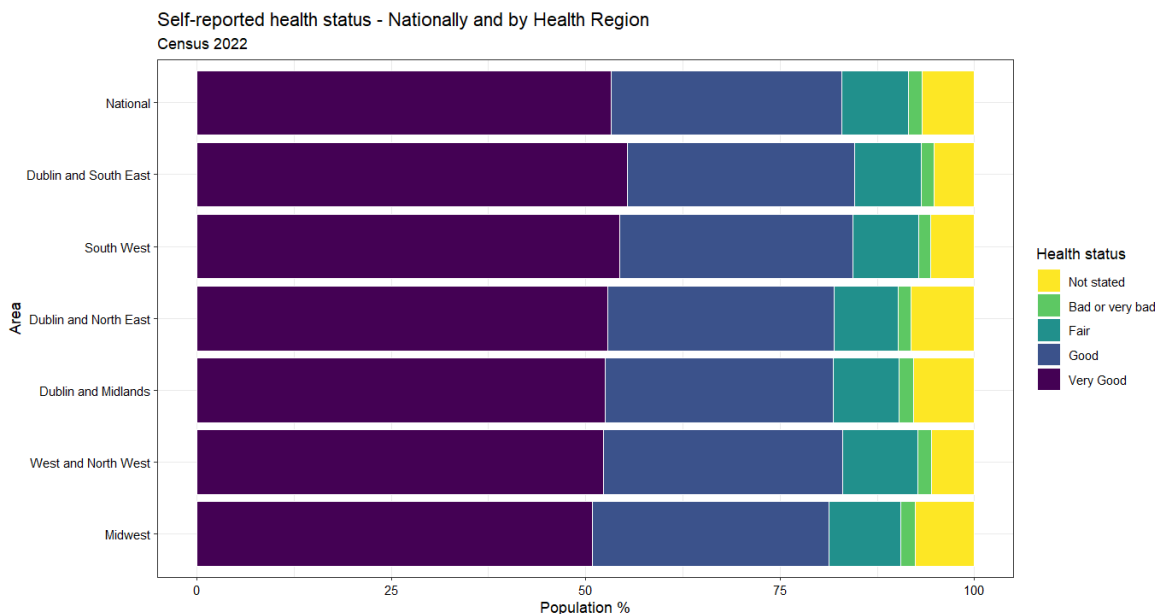
- Language barriers can contribute to health inequalities
- Health communication and messaging needs to be tailored to the population so it can be understood and impactful
- Healthcare in different areas may require different levels of translation services and supports

## General Health

Self-perceived health provides a well validated and widely used measure of actual health. Nationally **82.9%** of the population stated their health was either good or very good. This was lowest in the Midwest (**81.3%**) and highest in Dublin and South East (**84.6%**). The map on the right shows there is variation between CHNs in HRs, with a number of CHNs reporting lower levels of good/very good health (displayed in brown).



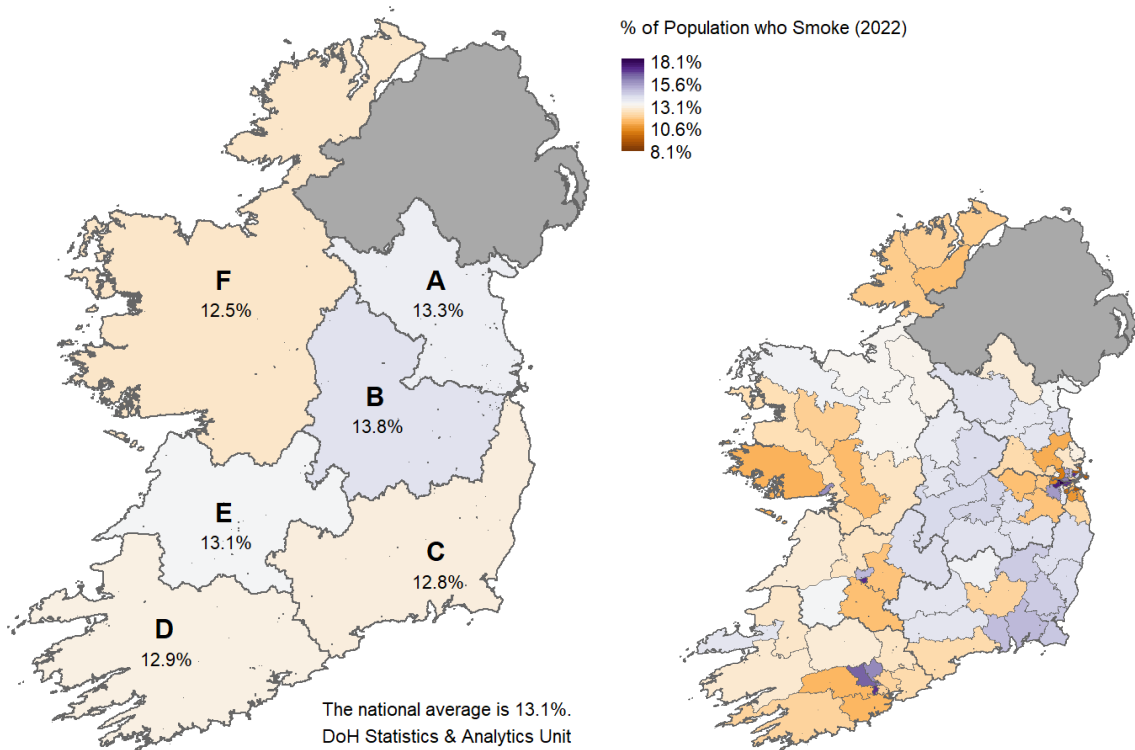
The graph below displays the categories of self-reported health nationally and by HR (bad/very bad, fair, good and very good). Nationally the proportion of people with very good health is **53.2%**. This is highest in Dublin and South East (**55.4%**) and lowest in the Midwest (**50.8%**). The proportion of people with bad or very bad health nationally is **1.7%**. This is highest in the Midwest (**1.9%**) and lowest in the South West (**1.6%**).



Percent of Population who smoke

- National average is **13.1%**
- Highest in Dublin and Midlands (**13.8%**)
- Lowest in the West and North West (**12.5%**)
- There is variation in smoking rates in CHNs within a region (shown in the map on the right). The table below displays the CHNs with the highest proportion of people that smoke nationally.

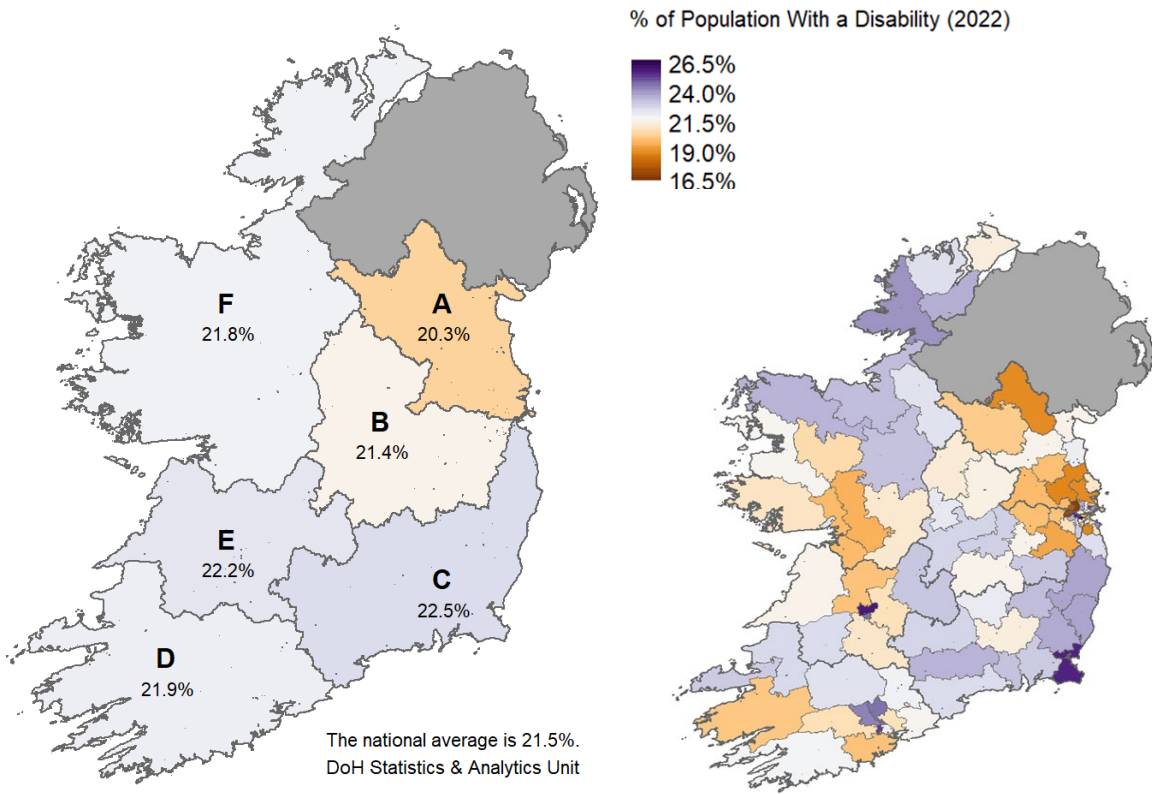
\*This data refers to the population who smoked either daily or occasionally in 2022. (Please note that this is a percentage of total population. This differs from Healthy Ireland where respondents are aged 15+.)



Health Region	CHNs with the highest % of people who smoke	% of pop who smoke
DML	Ballyfermot & Palmerstown	18.3%
DNE	North Inner City Area Network	18.3%
DML	Clondalkin	17.3%
MW	South Limerick City	17.1%
DML	South Dublin Inner City	17.1%
DNE	Coolock Area Network	17.0%
SW	South Cork City	17.0%

Percent of Population with a Disability

- Nationally **21.5%** of the population have ‘at least one long-lasting condition or difficulty to any extent’.
- This is highest in Dublin and South East (**22.5%**) and lowest in Dublin and North East (**20.3%**).
- There is variation between CHNs within a HR shown in the map on the right. The table below displays the CHNs with the highest proportion of people reporting to have a disability.



Health Region	CHNs with the highest %	% pop with a disability
DML	Drimnagh, Crumlin & Harold’s Cross	26.4%
MW	North Limerick City	25.8%
DML	Ballyfermot & Palmerstown	25.6%
DSE	Southeast Wexford	25.6%
SW	South Cork City	25.2%
DNE	Coolock Area Network	25.1%
SW	Central Cork	24.6%

## Population that provide unpaid care

Nationally just under 300,000 people (**5.8%** of the population) provide unpaid care. This is highest in the West and North West (**6.4%**) and lowest in Dublin and North East (**5.3%**).

Area	% Population providing unpaid care	Number of people
National	5.8%	299,128
West and North West	6.4%	48,523
South West	6.2%	46,083
Midwest	6.1%	25,226
Dublin and South East	6.0%	57,803
Dublin and Midlands	5.4%	58,241
Dublin and North East	5.3%	63,252

### Population Health Implications:

- Self-reported health, smoking and disability provide indicators of the health status and behaviours of a population. While the rates between health regions are not dissimilar, considerable variation exists at subregional level, highlighting the value in **subregional analysis** for population profiling.
- Nationally, nearly 300,000 people provide regular unpaid care to a family member, neighbour or friend. Proportionally, this is highest in the West and North West, which also has the oldest population. Dublin and North East has the youngest population and has the lowest proportion of its population providing unpaid care, but due to its total population size this equates to the largest number of people.

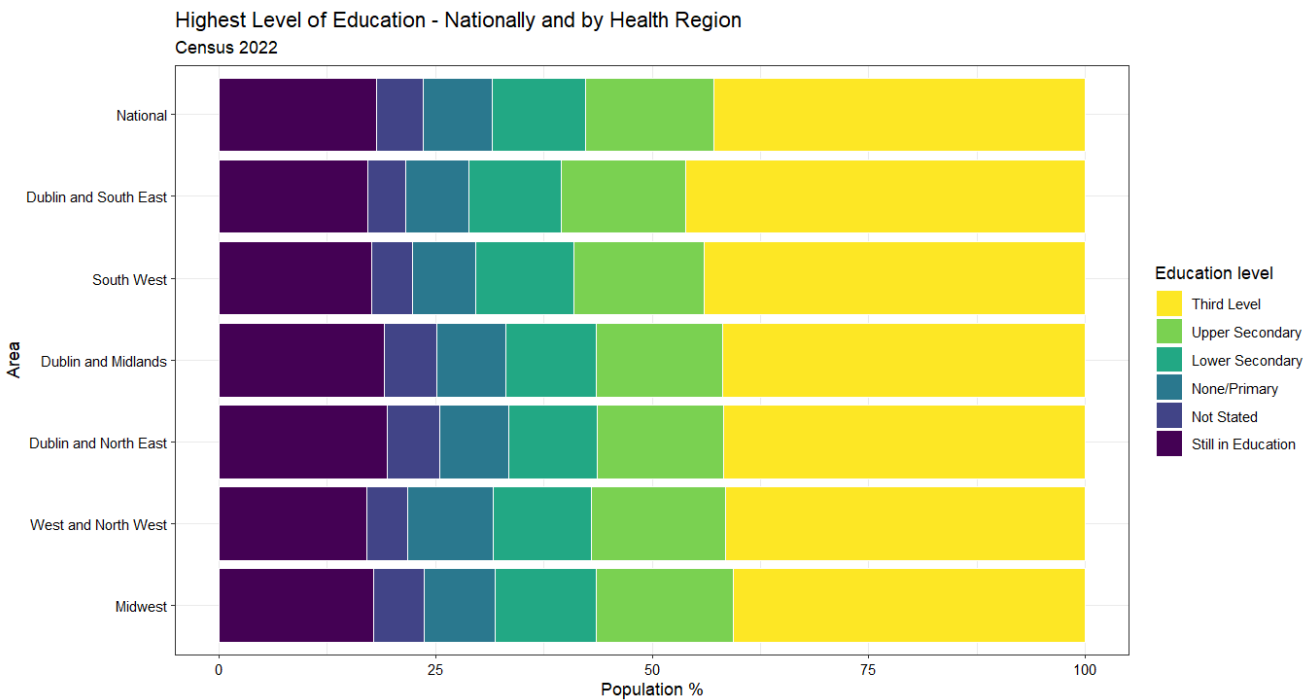
# Education and Internet

Education is an important determinant of health and a strong relationship between education levels and health outcomes exists. 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 and by Health Region. The Regions are ordered with the highest proportion of people with third level education at the top.

Nationally, **42.8%** of the population have a third level education. Dublin and South East has the highest proportion of people with a third level education (**46.1%**) and the Midwest has the lowest (**40.7%**).

Nationally, **8.0%** of people have primary or no education. This is largest in the West & North West (**9.8%**) and lowest in Dublin & South East (**7.4%**).



## Internet Access

The internet is increasingly used for health-related purposes, to access health and information, and has implications for public health, health inequalities and healthcare access.

- Nationally **8.7%** of households have no internet access
- This ranges from **6.8%** of households (Dublin and North East) to **11.7%** of households (West and North West)

### Population Health Implications:

- Education is a key social determinant of health. Improving educational outcomes in the most disadvantaged groups has the potential to make a positive impact on health inequalities.
- Internet access can support health and wellbeing, by providing information, enabling access to services and social connections. Examining routes for healthcare access and information in areas of low internet access may provide a means to narrow health inequalities.



# Population density map

The map below shows the population density of Ireland 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. At this scale it is possible to visualise less densely populated areas, but in order to visualise differences between areas a more focused view is required. Maps, including population density maps and deprivation maps for each Community Health Network can be found at [Health Population Profiles - HSE.ie](https://www.hse.ie/eng/health/population_profiles/).



# Technical Notes and further information

Data for this Report is all based on Census 2022. Unless otherwise specified, Health Atlas Finder (HSE) was used to access and analyse CSO data to inform this profile with the Department of Health Statistical Analysis Unit providing some national and regional maps and associated data tables.

Regional population profiles can be accessed at [Health Population Profiles - HSE.ie](https://www.healthatlasireland.ie/)

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.

Appendix 1: Parameters available in Health Atlas

THEME	PARAMETER	THEME	PARAMETER
Age & Sex	Age group (5 year) - all	Language	Population aged 3+ years by ability to speak Irish
Age & Sex	Age group (5 year) - female		Irish speakers aged 3+ years by frequency of speaking
Age & Sex	Age group (5 year) - male	Language	Irish
Age & Sex	Age (0 - 19 yrs) - all		Irish speakers aged 3+ years by frequency of speaking
Age & Sex	Age (0 - 19 yrs) - female	Language	Irish - female
Age & Sex	Age (0 - 19 yrs) - male		Irish speakers aged 3+ years by frequency of speaking
Deprivation	Deprivation level - HP Index	Language	Irish - male
Deprivation	HP Index determinants	Language	Speakers of foreign languages by language spoken
Deprivation	HP Index determinants - female		Speakers of foreign languages by ability to speak
Deprivation	HP Index determinants - male	Language	English
Health	Population by general health	Migration & Ethnicity	Citizenship
Health	Population by general health - female	Migration & Ethnicity	Birthplace
Health	Population by general health - male	Migration & Ethnicity	Ethnic or cultural background
Health	Health indicators	Migration & Ethnicity	Usual residence 1 year ago
Health	Health indicators - female	Migration & Ethnicity	Population by religion
Health	Health indicators - male	Housing	Private households by type of accommodation
Health	Persons with a disability by sex	Housing	Persons by household type of accommodation
Health	Carers by sex	Housing	Permanent private households by year built
Health	Persons who smoke	Housing	Persons by permanent private household by year built
Education	Population aged 15+ years by age education ceased	Housing	Permanent private households by type of occupancy
Education	Population aged 15+ years by age education ceased - female		Persons by permanent private household by type of
	Population aged 15+ years by age education ceased - male	Housing	occupancy
Education	Population aged 15+ years whose education has not ceased	Housing	Permanent private households by number of rooms
Education	Population aged 15+ years whose education has not ceased - female		Persons by permanent private household by number of
Education	Population aged 15+ years whose education has not ceased - male	Housing	rooms
Education	Population aged 15+ years by highest level of education completed	Housing	Permanent private households by heating
Education	Population aged 15+ years by highest level of education completed - female	Housing	Permanent private households by water supply
Education	Population aged 15+ years by highest level of education completed - male	Housing	Permanent private households by sewerage facility
Education	Population aged 15+ years by highest level of education completed		Occupancy status of permanent dwellings on Census
Education	Population aged 15+ years by highest level of education completed - female	Housing	night
Education	Population aged 15+ years by highest level of education completed - male	Housing	Private households by type
Occupation	Persons at work or unemployed by occupation	Housing	Persons by private household type
Occupation	Persons at work or unemployed by occupation - female	Housing	Private households by size
Occupation	Persons at work or unemployed by occupation - male	Family	Family units by family cycle by No. of families
Occupation	Persons at work by industry	Family	Family units by family cycle by No. of persons
Occupation	Persons at work by industry - female	Family	Family units with children by size and age of children
Occupation	Persons at work by industry - male		Family units with children by type of family and age of
Occupation	Population aged 15+ years by principal economic status	Family	children by No. of children
Occupation	Population aged 15+ years by principal economic status - female		Family units with children by type of family and age of
Occupation	Population aged 15+ years by principal economic status - male	Family	children - No. of families (to be added)
Socio-Economic	Population by social class		Family units with children by type of family and age of
Socio-Economic	Population by social class - female	Access	children - No. of children (to be added)
Socio-Economic	Population by social class - male	Access	Number of households with cars
Socio-Economic	Persons in private households by socio-economic group of reference person (by no. of persons)	Commuting	Number of households with internet access
Family	Population by marital status		Usually resident by means of travel to work
Family	Population by marital status - female	Commuting	Usually resident by means of travel to school, college or childcare
Family	Population by marital status - male		Usually resident by means of travel to work, school, college or childcare (total)
Family	Families, family members & children in families, by size of family - Number of families in private households by size of family	Commuting	Population aged 5+ years by time leaving home to travel to work, school or college
Family	Families, family members & children in families, by size of family - Number of persons in private households by size of family		Population aged 5+ years by journey time to work, school or college
Family	Families, family members & children in families, by size of family - Number of children in private households by size of family	Commuting	
Family	Families, family members & children in families, by size of family - Number of families in private households by size of family		Population aged 15+ years by working from home
Family	Families, family members & children in families, by size of family - Number of persons in private households by size of family	Commuting	Number of children under 15 in Childcare by age
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		



An Roinn Sláinte  
Department of Health