

Executive Report



NEIC Health and Wellbeing



Why this report?

Communities such as those in Dublin's North East Inner City (NEIC) have long navigated complex social and structural challenges that can impact health and wellbeing outcomes. At the same time, these communities demonstrate strong resilience, social cohesion, and a rich foundation of local assets that support positive development. Community-based sport and wellbeing initiatives build on these strengths, providing important opportunities to enhance participation in physical activity, support wellbeing, and strengthen community connections. This report presents a structured, data-driven evaluation, developed in partnership with stakeholders, to support sustainable actions and the continued development of health and wellbeing initiatives within the NEIC.



Meaningful Evidence

A three phase evaluation was undertaken over 12 months, combining system level mapping (survey), organisational insight (interview) and objective measurement of participant outcomes (measured impact). This provided meaningful evidence on how community initiatives influence both participation and longer term health behaviours.



Phase 1 Survey

38 community sport and wellbeing initiatives completed a survey to map the landscape of current initiatives operating in NEIC. We also assessed organisational health literacy capacity.



Phase 2 Interview

Interviews were conducted with organisers of nine different initiatives. These explored how initiatives achieve impact and identify key mechanisms that drive engagement.



Phase 3 Measured Impact

65 children across three youth initiatives completed objective assessments of health literacy, physical literacy, and motor competence.



Key Findings

This study had a wide reach across the community and offered insights into how people engage with health and wellbeing initiatives, how they benefit and what can be done to support them

Community Reach

7000

community members
youth, adult and older adults

including people with disabilities,
individuals in addiction recovery,
new communities (migrants,
refugees, and asylum
seekers)



Positive Health Behaviours

37%

experience enhanced physical activity
levels

18% more awareness of the value of
exercise

13% more motivation for healthier
lifestyles

10% improved social skills
and connection



What Drives Participation?

safe & supportive

community environments

Friendships and social networks

Inclusive environments
where individuals feel
capable of participating
regardless of previous
experience



Positive Youth Outcomes

83%

of children show moderate/ high level
of health literacy

Physical literacy comparable internationally

Health and physical literacy strongly
associated in early childhood

No child sampled achieved
mastery in basic motor
competence skills



Strategic Implications

To strengthen long term impact, the findings suggest several priorities for future development



Strengthen organisational capacity

Supporting leadership development and workforce capacity will enhance initiative sustainability and consistency.



Continue community partnerships

Collaboration between community organisations, schools, and local partners remains essential for reaching diverse populations and reducing participation barriers.



Prioritise youth skill development

Integrating fundamental movement skill development into youth initiatives may help translate participation into sustained lifelong participation.







Embed measurement and evaluation

Developing a long term monitoring system that combines qualitative insights with objective outcome measurement will enable continuous improvement.

➔ Conclusion

Sport and wellbeing initiatives in the NEIC represent a powerful mechanism for supporting community health and wellbeing, participation, and social connection. The findings of this evaluation demonstrate internationally comparable outcomes, the scale of their impact and the potential to further strengthen outcomes through targeted investment and evidence informed initiative development. By continuing to build on existing strengths and addressing key development areas, the NEIC is positioned to deliver sustained improvements in health and wellbeing across the community.

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