

# MALLOW

## HEALTH PROFILE



A socio-demographic profile highlighting health needs and existing health services in Mallow

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Special thanks to Mallow Camera Club for providing the cover photo of Mallow Castle.

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## Executive Summary

The Mallow Health Profile used various sources of data to highlight what the town's population looks like and what health needs exist in this diverse rural town. This profile also outlines the availability of services in Mallow.

The data in this profile can be used and interpreted by organisations working in the area to structure their work, identify areas of needs, effectively target populations in different areas and identify gaps in services. The Mallow Community Health Project will happily extend its support to any organisations pursuing this endeavour.

Mallow has a population of 13,408 people, and is made up of 3 electoral divisions, Mallow north urban, Mallow rural, Mallow south urban, within those 3 electoral divisions lie 51 small areas.

Mallow has a higher than average age dependency ratio in comparison to Cork County and the state. This indicates that the working population are experiencing a higher burden of dependency, it is important that community and health services provide supports to ease this burden. Mallow south urban has a high proportion of people over the age of 65 and additional services targeting this group are necessary. Mallow rural, conversely, has a high proportion of young people so youth services working in this area should be supported.

Of the families with children in Mallow 27.5% are one parent families. This is slightly higher than the state average of 25.4% and significantly higher than the Cork County average of 20.8%. Mallow south urban has the highest proportion of one parent families of the three Mallow electoral divisions. 87% of one parent families in Mallow are headed by women.

One parent families are far more likely to fall into the lowest income groups and mothers in one parent families were half as likely to have a degree as those in two parent families. There is a positive association between maternal education and child health. One parent families in Mallow need support to improve health outcomes for parents and children alike.

In Mallow 10.8% of the population has primary school only or no formal education. 16.6% of the population has only been educated to lower secondary level. This would indicate that there is a population who would benefit from easily accessible QQI level 3-5 educational programmes.

Mallow has a diverse population with 16.2% of people indicating their nationality as other than Irish. In Cork County the proportion of non-Irish nationals is 11.2% and in the state it is 13%.

Mallow has a higher proportion of ethnic minorities than the state and Cork County average. The largest ethnic minority population in Mallow is 'white non-Irish', followed by black or black Irish.

A number of people stated in the census that they did not speak English well or at all. This group of people are at risk of disadvantage and subsequent negative health outcomes. This cohort of people will likely find health information and services much harder to access. Accessing work and education may also prove more difficult and integration into the wider community is also likely to be limited. In comparison to the state and Cork County there are higher proportions of people in these categories suggesting a need for this issue to be tackled.

The unemployment rate in Mallow is higher than the average in the state and Cork County, with the highest rate of unemployment in the Mallow south urban electoral division.

Mallow has a higher rate of disability than the state or Cork County and this is most pronounced in Mallow south urban. This would indicate a strong need to disability services in Mallow and a need to ensure that health services and activities are accessible to those with disabilities.

According to the 2016 census 1,067 households in Mallow do not have internet access which is important to keep in mind when promoting health activities and events in the area.

There are 858 households without access to a car, 417 in Mallow north urban, 267 in Mallow south urban and 167 in Mallow rural. Households without a car, especially those in rural areas may be experiencing transport poverty and may be unable to make the journeys they need to, therefore reducing access to employment, education or healthcare and exacerbating social isolation. Health promotion activities should aim to reach these groups.

Cork County has an overall deprivation score of 2.52 which according to the deprivation index would indicate an area which is marginally above average. Mallow has a lower deprivation score of -2.01 which would indicate that the town is marginally below average.

The difference in deprivation scores between electoral divisions in Mallow is striking. Mallow North urban has a score of -1.48, Mallow rural has a score of 1.12 and mallow south urban has the lowest score with -8.46.

There are 51 small areas in Mallow and 11 of these have a deprivation score which indicates they are disadvantaged or very disadvantaged. Of the 11 areas, 5 are in Mallow north urban, 5 are in Mallow south urban and 1 is in Mallow rural.

These small areas in particular can be targeted with broad focused interventions targeting different elements of the wider determinants of health as they are likely experiencing numerous factors of disadvantage.

## **Target populations**

- One parent families
- Older people
- Non-Irish nationals
- Disadvantaged small areas
- People with disabilities
- Youth in rural Mallow



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# 1. Introduction

Oftentimes in health and community services we are dealing with the issues directly in front of us, the issues that demand immediate attention. There are times however when taking a step back from our work to look at the bigger picture can help us work more effectively. The Mallow Health Profile aims to aid in this endeavour.

The health profile uses multiple data sources including the CSO and Pobal, and zooms down to local level to highlight areas of need in Mallow. The profile makes it easier to identify what needs exist in Mallow and tailor services accordingly. The profile also makes it easier for us to target and promote our own work more effectively.

This profile is accompanied by an interactive online directory which outlines health and community services operating in Mallow. This map can help us refer service users, identify gaps in services and highlights opportunities for collaboration.

It is our aim at the Mallow Community Health Project to improve the health and well-being for everyone in Mallow. This profile is one element of this work. We hope those reading this profile find it useful and instructive with regards to their own work in Mallow.

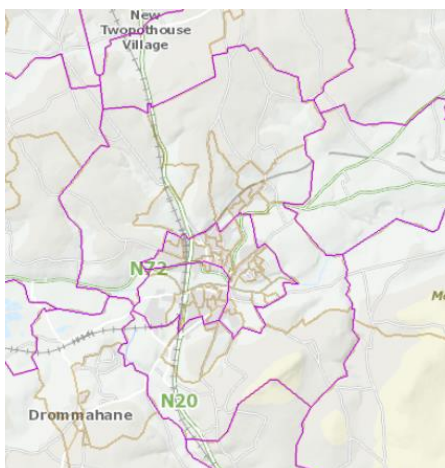
## 2. Population statistics

Mallow has a population of 13,408 people. Mallow is made up of 3 electoral divisions, Mallow north urban, Mallow rural, Mallow south urban and within those 3 electoral divisions lie 51 small areas. Mallow north urban is the most populous area of Mallow, followed by Mallow rural. Mallow south urban has the smallest population. Mallow north urban has the highest population density of the three electoral divisions.<sup>1</sup>

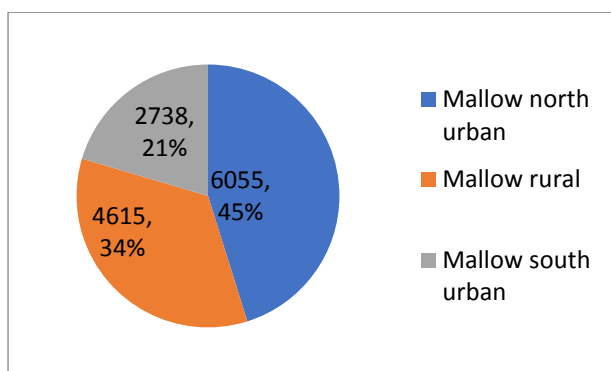
The average age of the population in Mallow is 36.5 years, which is younger than both the state average (37.4 years) and the Cork County average (37.1 years). Mallow south urban conversely has a notably higher average age of 42.8 years.<sup>1</sup>

The population in Mallow is 51.2% female and 48.8% male.<sup>1</sup>

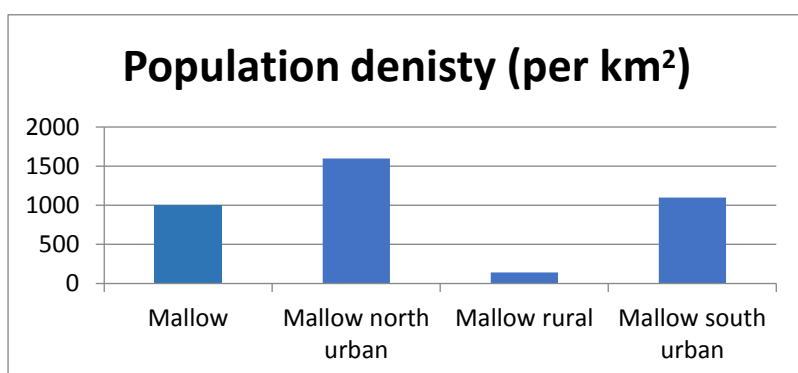
*Map 2.1: Map of Mallow electoral divisions, small areas and surrounds.<sup>2</sup>*



Graph 2.1: No. of people in each electoral division, and percentage of total population<sup>2</sup>

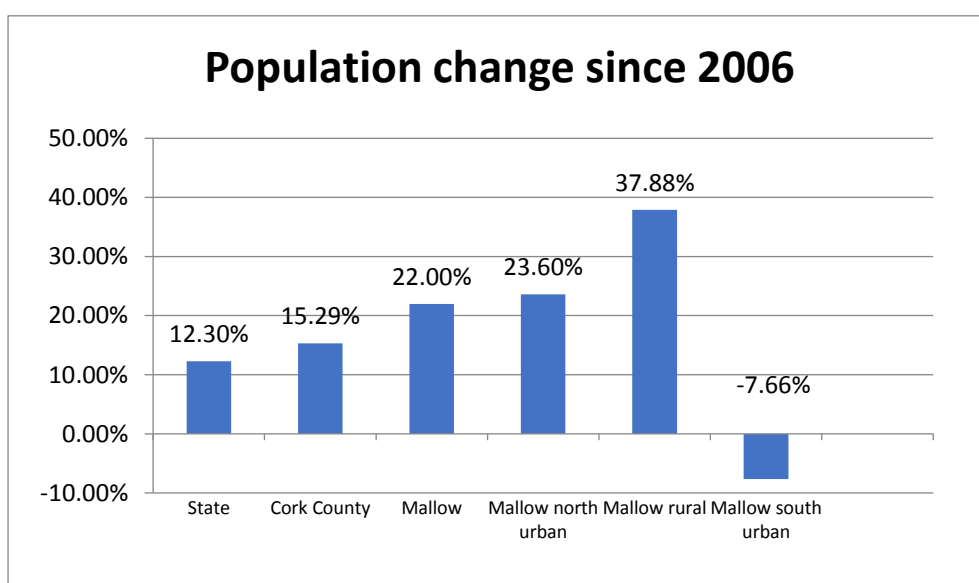


Graph 2.2: Population density of Mallow and electoral divisions<sup>2</sup>



The population in Ireland overall has increased by 12.3% since 2006 and the population of Mallow overall has increased by 22% at a rate outpacing the county average. Mallow rural in particular has increased its population by over 35%, while the Mallow south urban population has actually decreased by 7.66%.<sup>2</sup>

Graph 2.3: Population change since 2006 in the state, Cork County and Mallow electoral divisions<sup>2</sup>



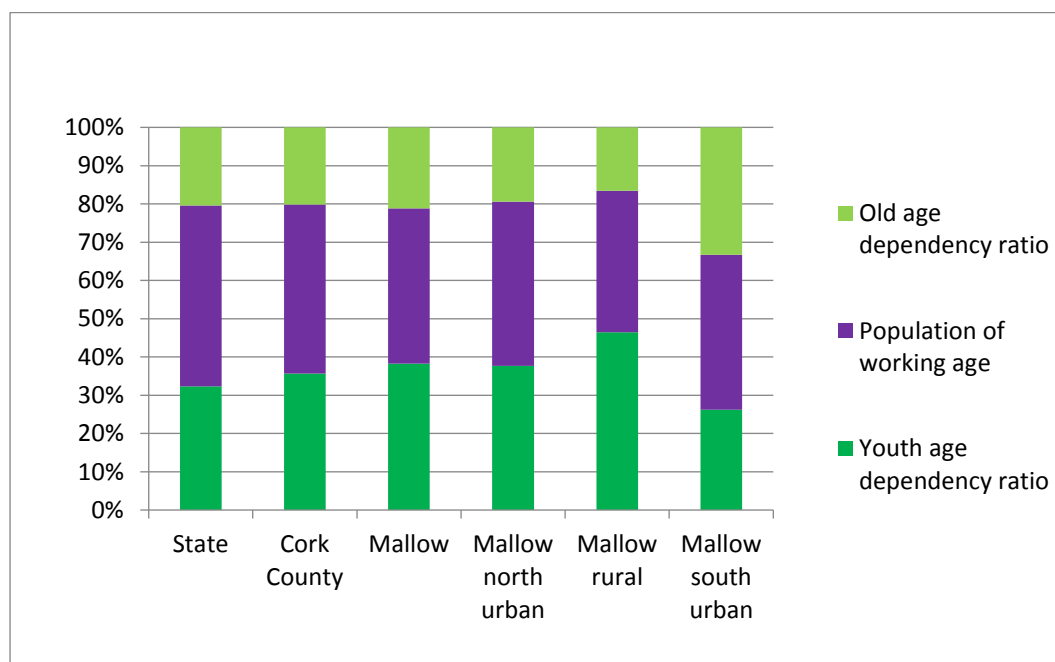
## 2.1 Age dependency

Dependants are those who are outside of the working age (15-64), this can mean young people under 15 years or older people aged 65+. Dependency ratios are helpful in indicating the general age structure of a population.<sup>3</sup> A high dependency ratio equates to a greater burden on the working population to support those who are economically dependent. Dependency ratios also indicate what kinds of services are needed in an area.<sup>4</sup>

The total age dependency in Mallow is 60, which is higher than the state average of 52.7. The age dependency ratio is highest in Mallow rural with a ratio of 63.1.<sup>1</sup> Graph 2.4 illustrates both youth and old age dependencies. Mallow rural has a higher proportion of dependent young people and mallow south urban has a higher proportion of dependent older people.<sup>1</sup>

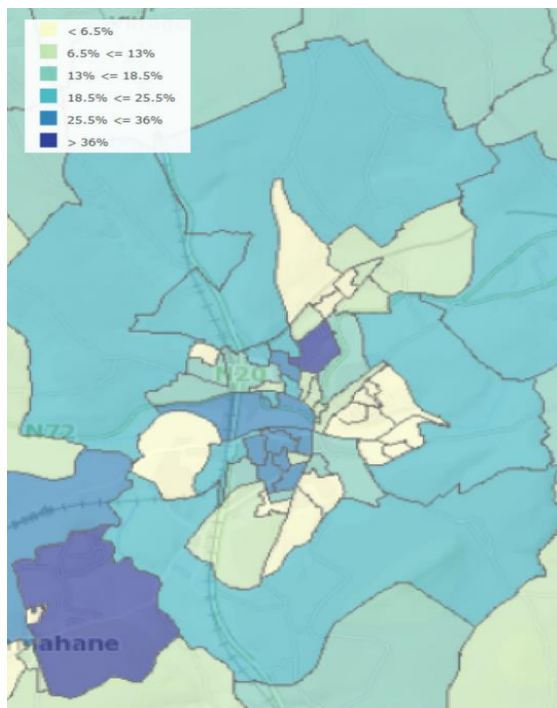
This would indicate that Mallow south urban would benefit from more services for older people, while Mallow rural may require more supports for younger people.

Graph 2.4: Young and old age dependency ratios in the state, Cork County, Mallow and electoral divisions<sup>1</sup>





Map 2.2: Population aged 65+ in Mallow

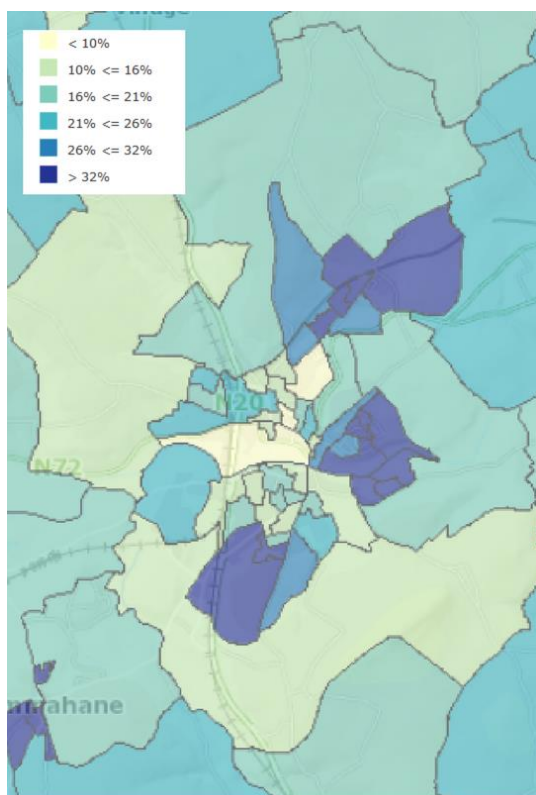


Map 2.2 highlights where the highest proportion of people aged 65 and over live.<sup>2</sup>

Interventions targeting older people would likely be most beneficial if held in areas where there is a large older population. These areas also highlight where one could advertise targeted services for older people.

Mallow south urban has a high proportion of people over 65 and the Southside Community Centre may be a good location to run activities for older people. Over 50% of the population in the Mallow north urban areas of Spa springs road and Beechwood park (Small Area 047324020) is comprised of people aged 65 or over. This area is quite close to Le Cheile FRC, which may be a good location for targeted activities.

Map 2.3: Population aged 0-14 in Mallow



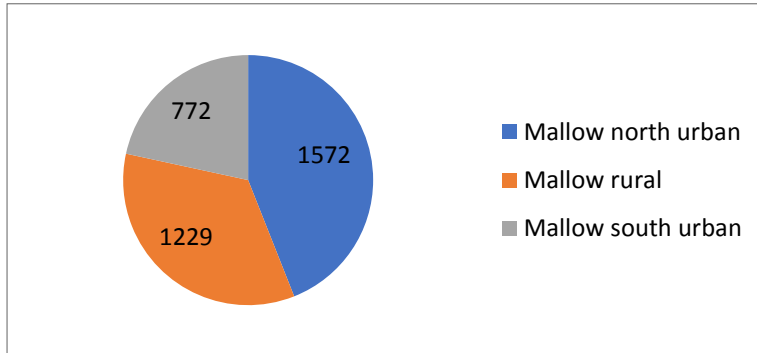
Map 2.3 highlights where young people (0-14) are living.<sup>2</sup> At the bottom of the map the dark blue areas (Small areas 047245004/01 and 047245004/02) show areas where young people make up over 35% of the population. Compared to the County average of 23%, these areas have a significant population of young people. The Big Blue Cube community centre is located in this area and runs numerous youth activities.

The highest concentration of young people appeared to live in the Mallow North Urban areas of Castle Park and College Wood. At the top of the town the areas of Spa Glen, River Valley, Cairn Woods and Ballyviniter also have high proportions of young people.

### 3. Family structure

There are 3,573 families living in Mallow, of these 2,605 are families with children and these families account for 5002 children.<sup>1</sup>

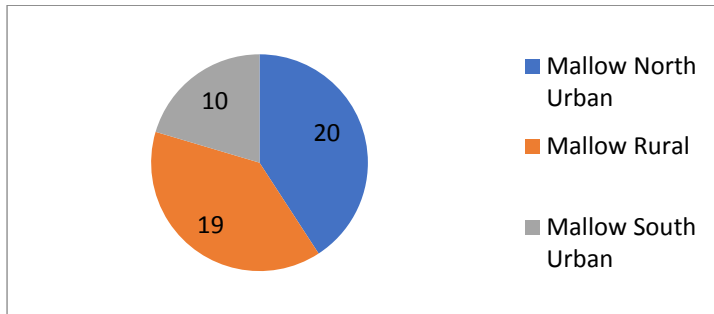
Graph 3.1: Number of families by electoral divisions in Mallow.



#### 3.1 Large families

Families with five or more children are considered large families in Ireland and these families can face disadvantages based on increased economic burdens of supporting the family. In Mallow there are 49 families with 5 or more children.

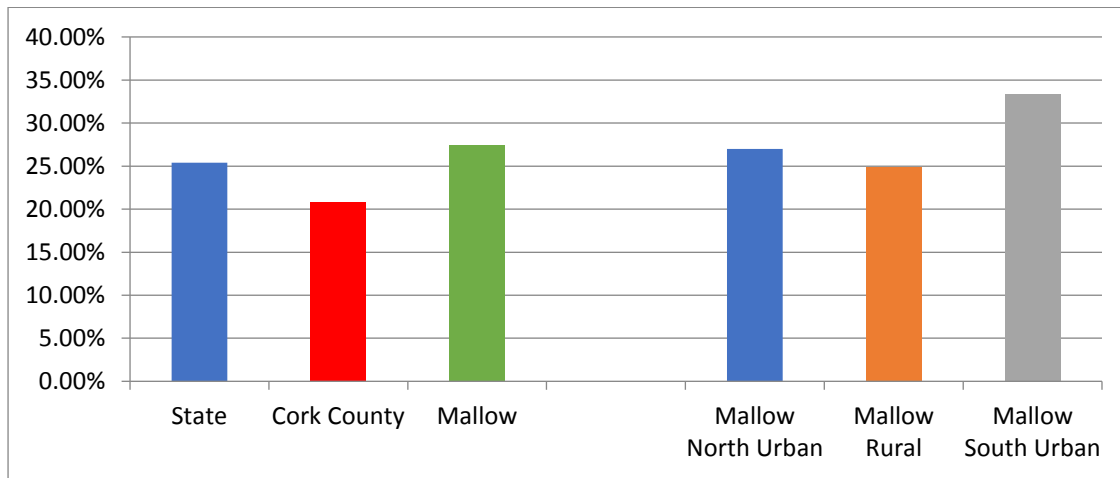
Graph 3.2: Number of large families in Mallow electoral divisions<sup>1</sup>



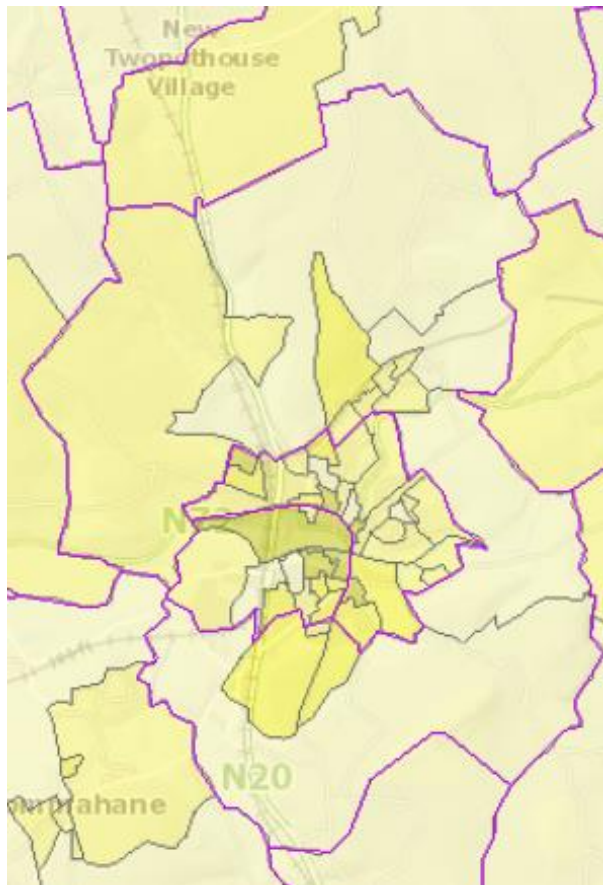
#### 3.2 One parent families

There are 715 one parent families in Mallow which account for 1,199 children. Of the families with children in Mallow 27.5% are one parent families. This is slightly higher than the state average of 25.4% and significantly higher than the Cork County average of 20.8%. Mallow south urban had the highest proportion of one parent families of the three Mallow electoral divisions. 87% of one parent families in Mallow are headed by women. The average number of children in a one parent family in Mallow is 1.7 children per family in comparison to a two parent family in Mallow which has an average of 2 children per family.<sup>1</sup>

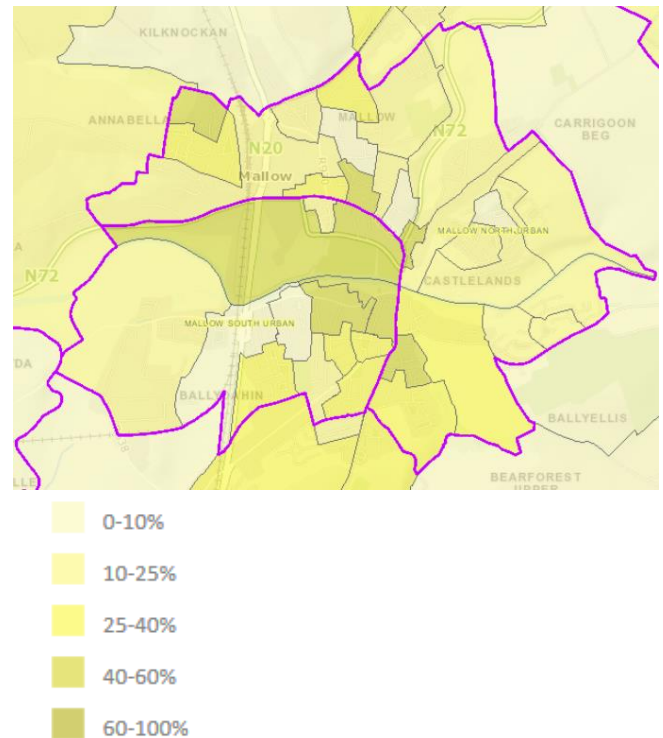
Graph 3.3: Percentage of one parent families (of families with children) in State, Cork County, Mallow and electoral divisions



Maps 3.1: Lone parent ratios in Mallow small areas<sup>2</sup>



Map 3.2: Lone parents ratio in urban small areas<sup>2</sup>

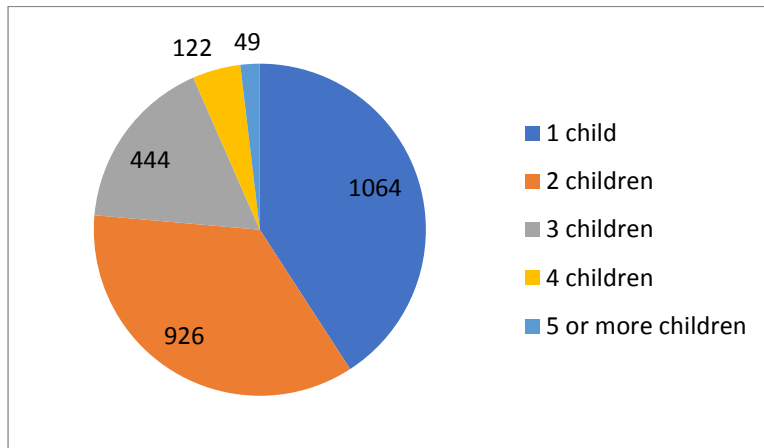


Research indicates that one parent families experience disadvantage in terms of household income and maternal education. One parent families are far more likely to fall into the lowest income groups and mothers in one parent families were half as likely to have a degree as those in two parent families.<sup>5</sup>

### 3.3 Family size

In Mallow, 77% of families with children have 1 or 2 children with only 23% of families having 3 or more children.<sup>1</sup>

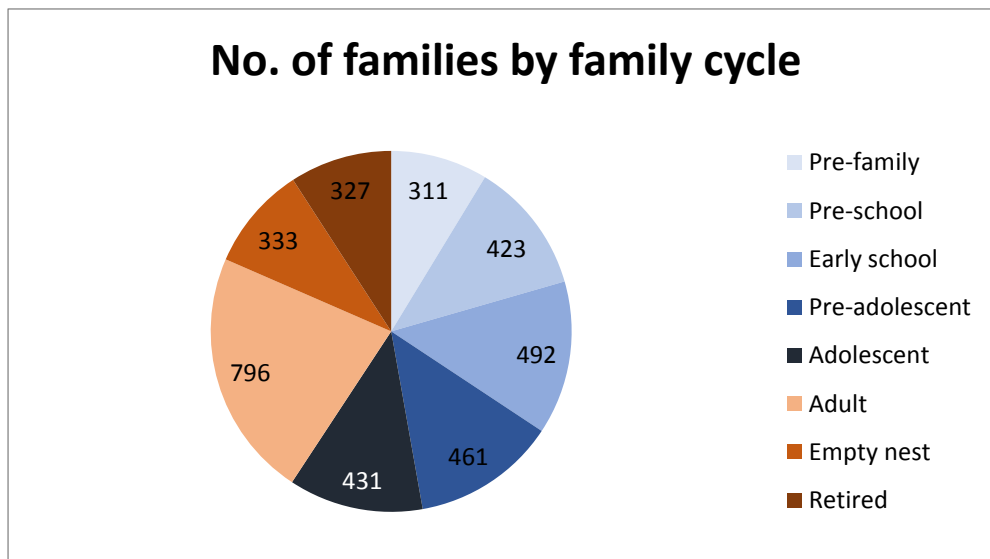
Graph 3.4: Number of children in families in Mallow



### 3.4 Family Cycle

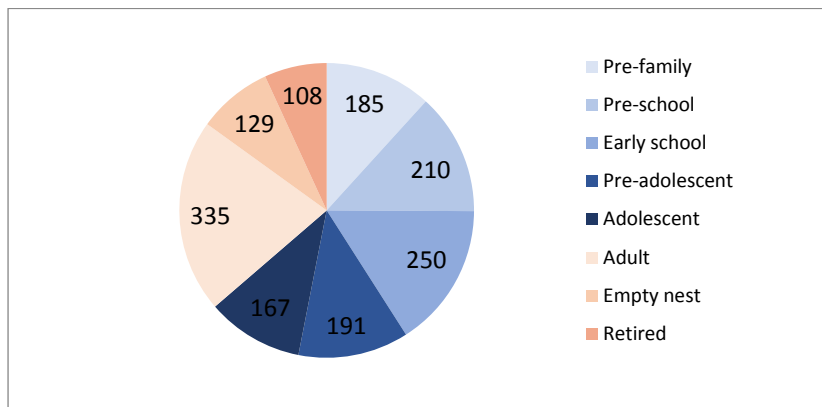
Family cycles can help indicate what kind of health needs and priorities are most relevant in different communities. In Mallow 51% of families are between the pre-school and adolescent stages of the family cycle which would indicate youth and parent health needs are significant. 18% of families are in the empty nest or retired stages suggesting services for older people are also a priority.<sup>1</sup>

Graph 3.5: Number of families by family cycle in Mallow

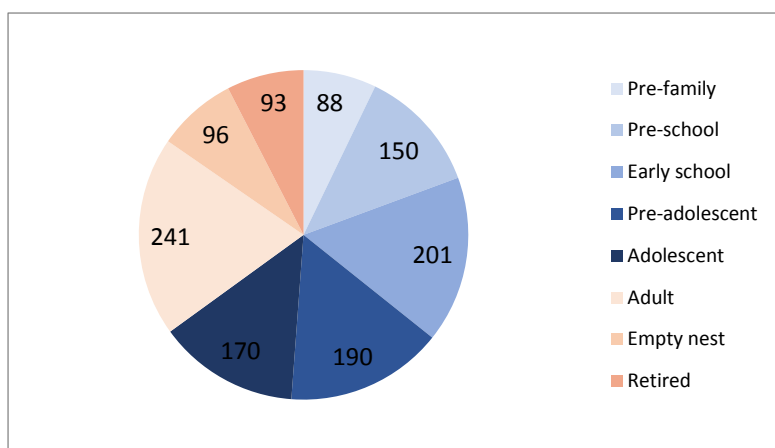




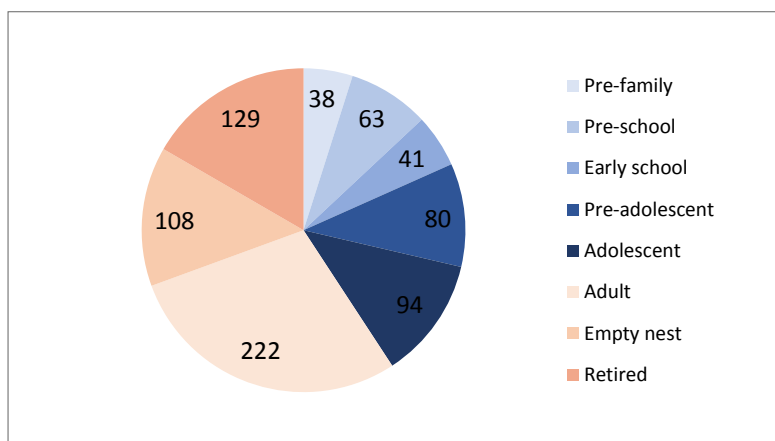
Graph 3.6: Number of families by family cycle in Mallow north urban



Graph 3.7: Number of families by family cycle in Mallow rural



Graph 3.8: Number of families by family cycle in Mallow south urban



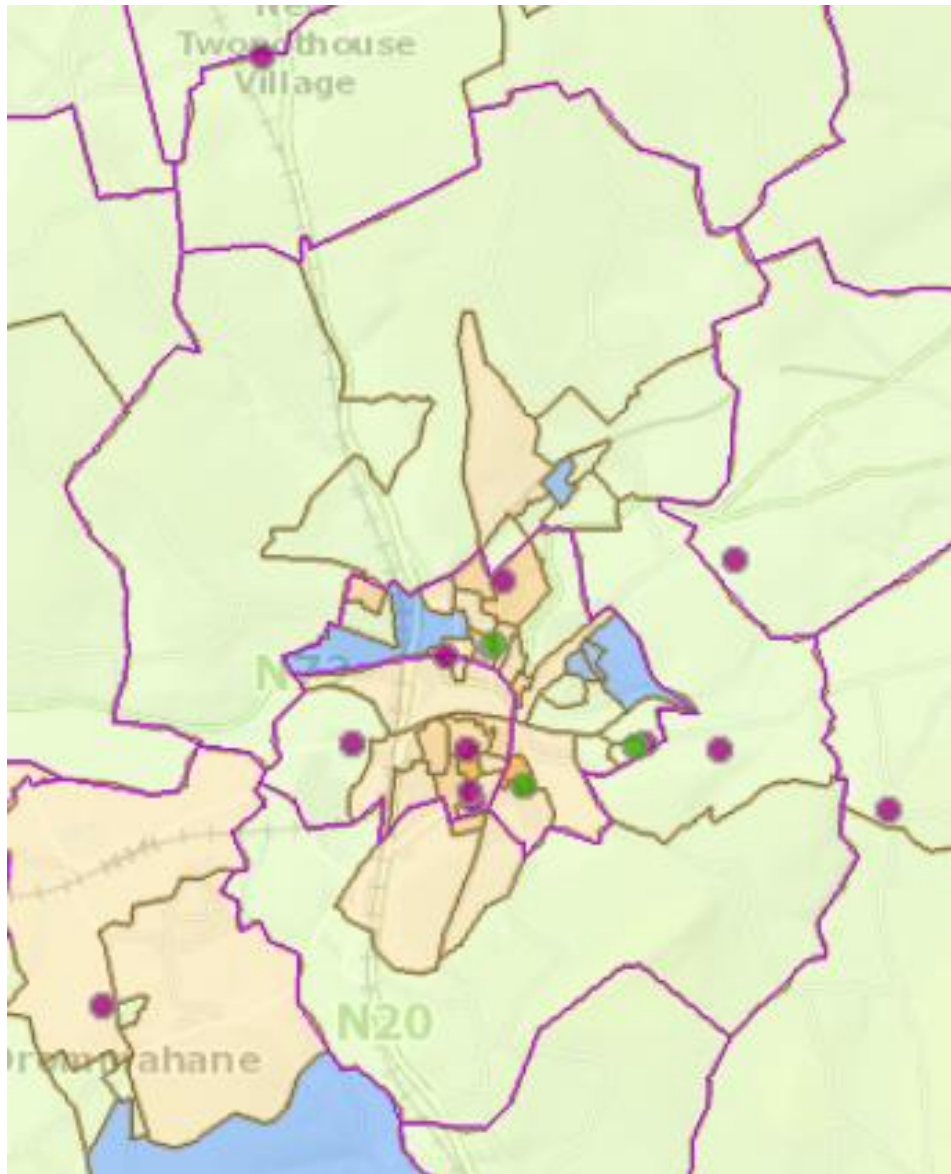
In Mallow north urban and rural the majority of families are in the adolescent or younger stages of the family cycle. Mallow south urban conversely has a far higher proportion of older families. This would suggest that Mallow south urban in particular has a population which would have a higher burden of age related health needs.

## 4. Education

Mallow there are 10 private childcare facilities and 3 community childcare facilities.<sup>6</sup> There are 6 primary schools and 3 secondary schools.<sup>7,8</sup> There is also Mallow College of Further Education and the Q Centre where literacy and other further education courses are available.

### 4.1 Educational facilities

*Map 4.1: Map indicating locations of childcare facilities in Mallow (Private facilities are purple; community facilities are green)<sup>6</sup>*



## Primary schools

There are 6 primary schools in Mallow with a total of 1,749 students enrolled. Five of which are catholic based.

Table 4.1: Primary schools in Mallow<sup>9</sup>

Primary schools	Ethos	Female students	Male students	Total Students	Deis
Gael Scoil Thomais Daibhis	Catholic	195	193	388	No
Scoil Ghobnatan	Catholic	262	301	563	No
St. Patrick's N.S.	Catholic		235	235	No
Mallow Convent N.S.	Catholic	312	0	312	No
Scoil Naisiunta Iosagain	Catholic	77	101	178	No
Scoil Aonghusa C.N.S	Multi-denominational	32	41	73	No

## Secondary Schools

There are 3 secondary schools in Mallow with a total of 1,867 students enrolled. Two of the three are catholic based.

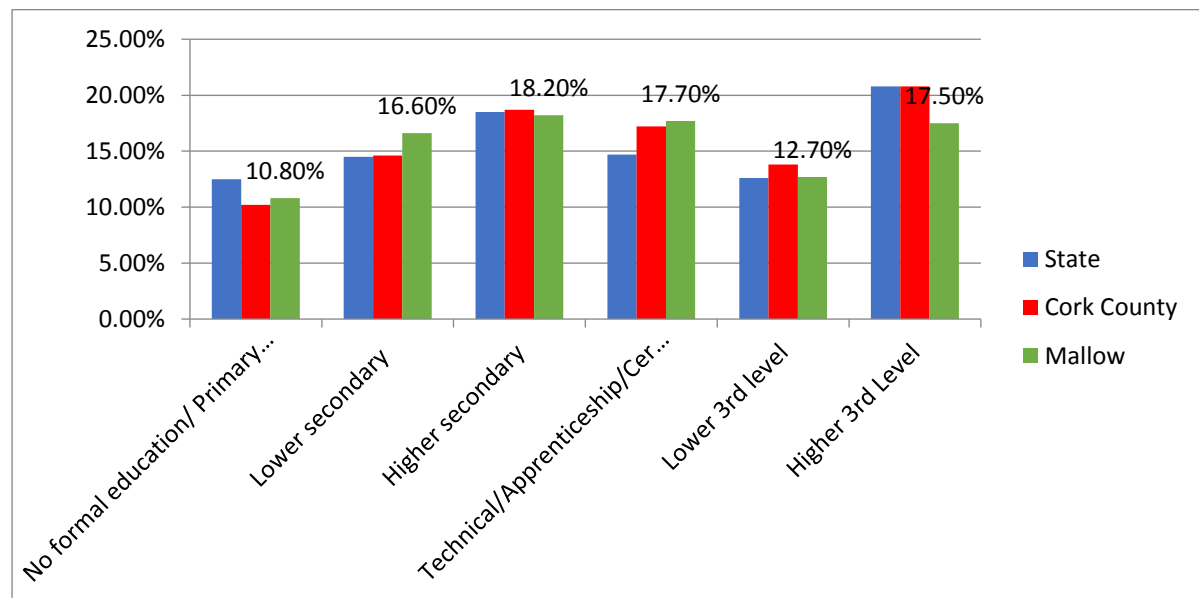
Table 4.2: Secondary schools in Mallow<sup>8</sup>

Secondary Schools	Ethos	Female students	Male students	Total students	Deis
Davis College	Inter-denominational	333	492	825	Yes
Patrician Academy	Catholic		465	465	No
St. Mary's Secondary school	Catholic	577		577	No

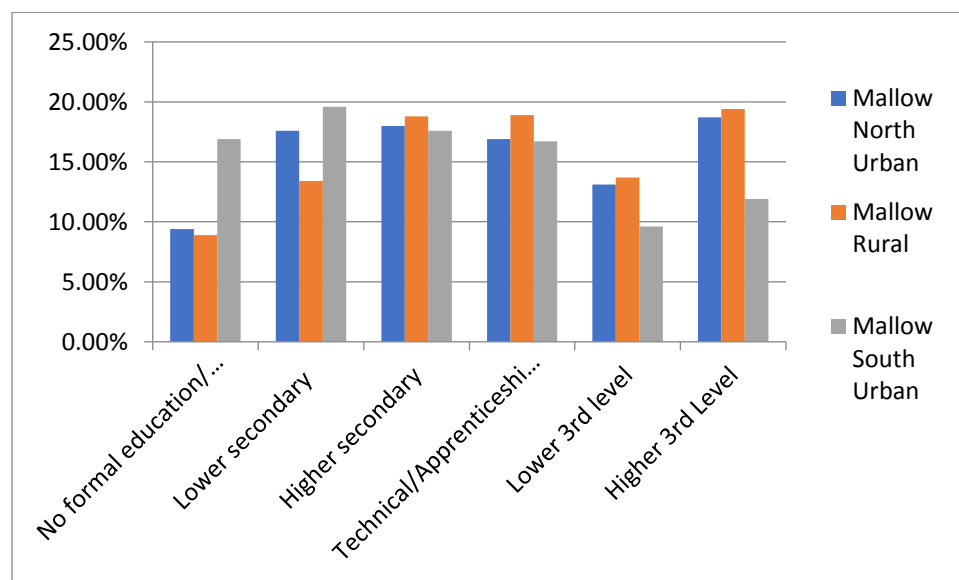
## 4.2 Educational attainment

In Mallow 10.8% of the population has primary school only or no formal education. 16.6% of the population has only been educated to lower secondary level. This would indicate that there is a population who would benefit from easily accessible QQI level 3-5 educational programmes.<sup>1</sup>

Graph 4.1: Breakdown of population of the state, Cork County and Mallow by level of education attained



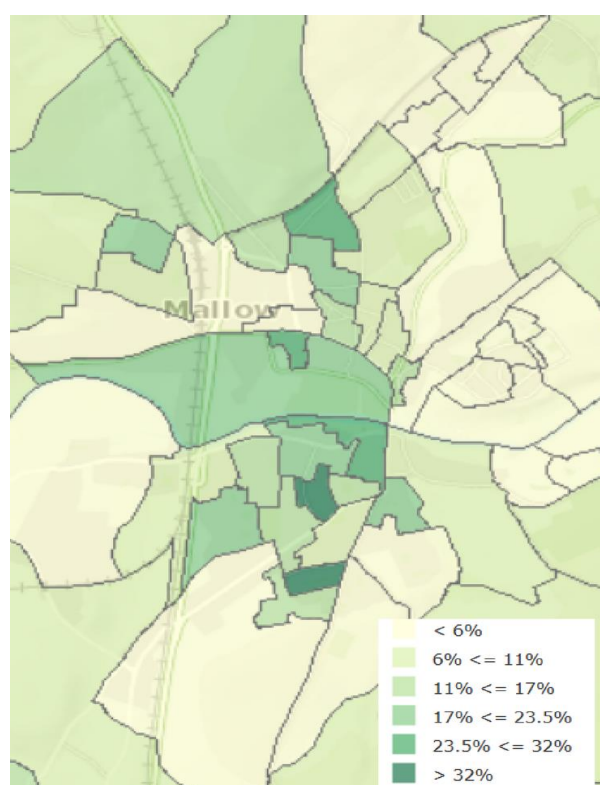
Graph 4.2: Breakdown of Mallow electoral divisions by level of education attained



Mallow south urban had the highest proportion of people with only primary education or no formal education and a significantly lower proportion of people with third level education. This may be influenced by the older age of the population living in Mallow south urban.



Map 4.2: Percentage of population with no formal/primary school only education<sup>2</sup>



Promotion and uptake of QQI level 3-5 courses may be most effective in the areas highlighted in dark green (above) and populations in these areas are likely to derive the greatest benefits from these courses.

Higher educational attainment is positively associated with better health outcomes. For example for every additional year a person remains in education their likelihood of smoking drops by 3%. This too applies to obesity and heavy drinking, the longer one spends in education the less likely there are to suffer from obesity or to be a heavy drinker. People with higher levels of education also generally get screened for cancer more often. The education gradient in health behaviour is significant and studies have shown that not all of this influence is based purely on higher income.<sup>11</sup> Maternal education is closely linked to child health and numerous studies have shown that mothers and to a lesser extent fathers with greater educational attainment have children with better health outcomes, such as better nutrition.<sup>12</sup>

Given all of the positive health associations with higher educational attainment it is important to support and promote education among those with lower educational attainment.

## 5. Diversity

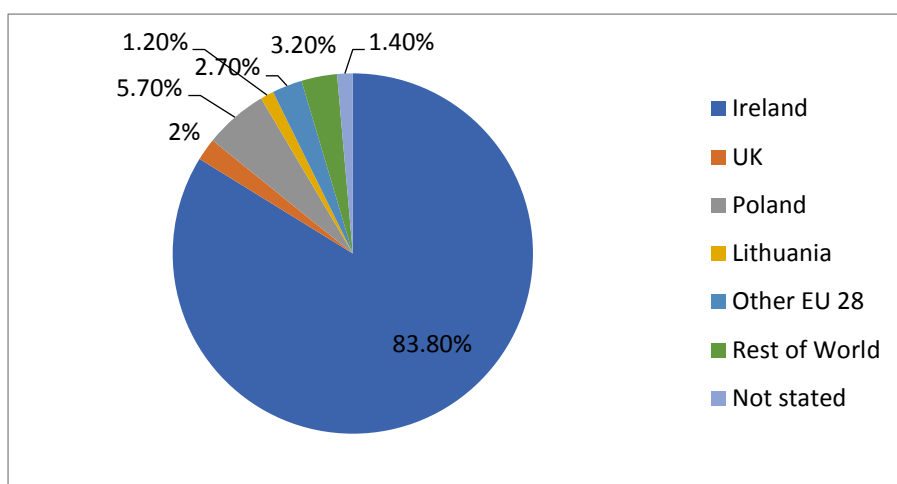
This section will focus on the population of Mallow who are non-Irish nationals and ethnic minority groups

### 5.1 Nationality

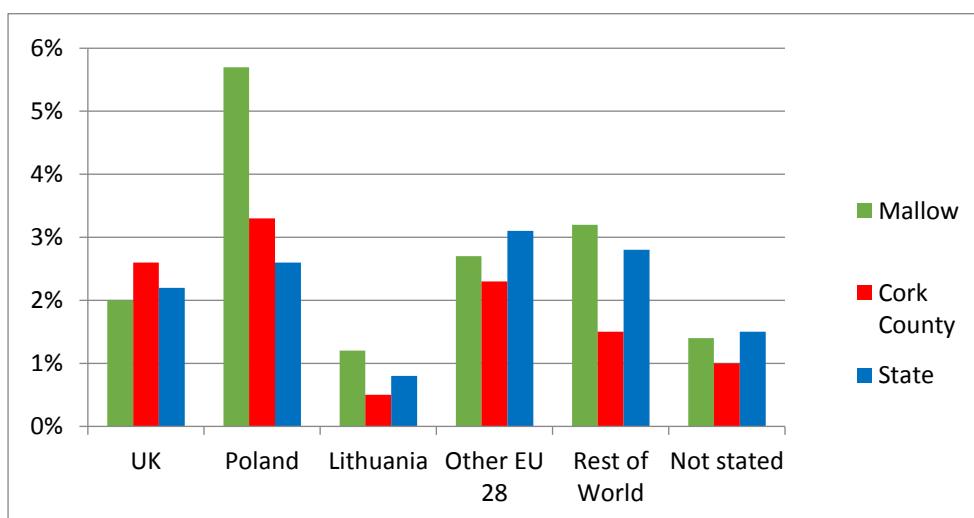
Mallow has a diverse population with 16.2% of people indicating their nationality as other than Irish. In Cork County the proportion of non-Irish nationals is 11.2% and in the state it is 13%. <sup>1</sup>

Immigrant populations often face numerous barriers to healthcare access, therefore it is important to pay particular attention to these communities to ensure they are receiving adequate support.<sup>13</sup>

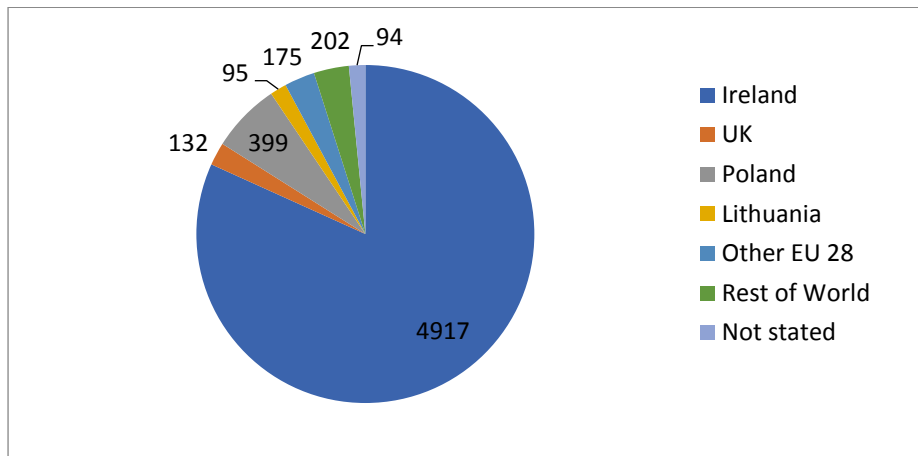
Graph 5.1: Breakdown of the population in Mallow based on nationality



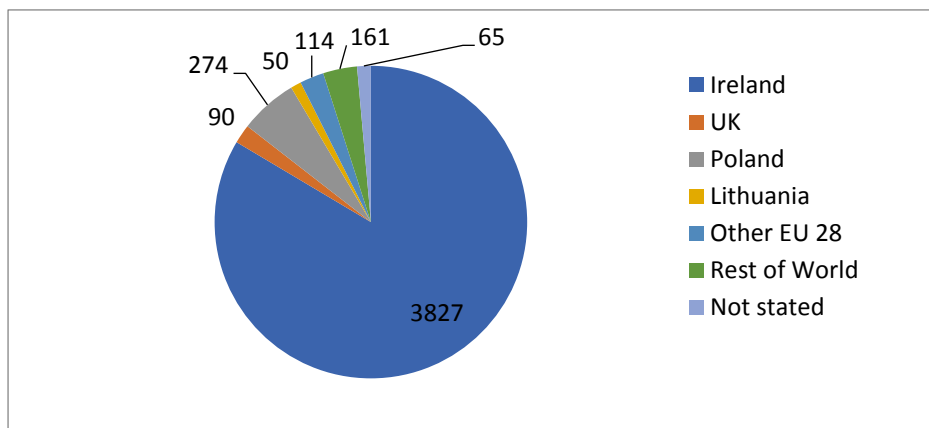
Graph 5.2: Breakdown of non-Irish nationalities in Mallow, Cork County and the State



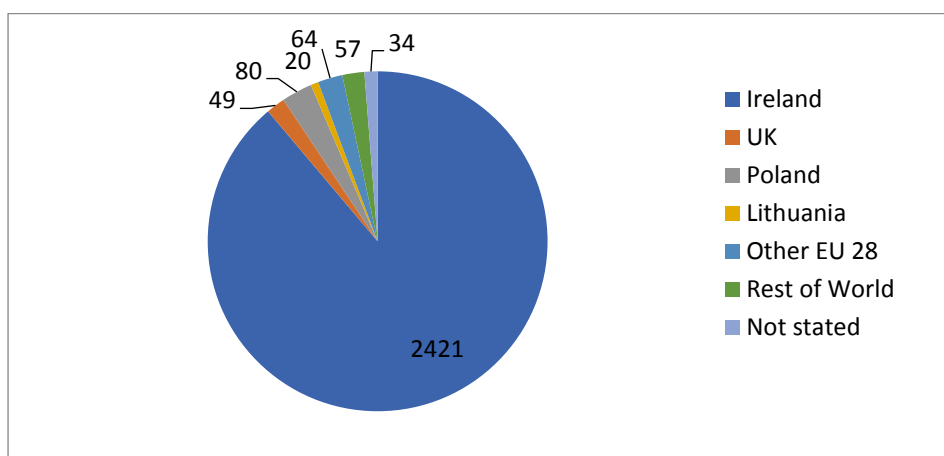
Graph 5.3: Breakdown of nationalities in Mallow north urban



Graph 5.4: Breakdown of nationalities in Mallow rural



Graph 5.5: Breakdown of nationalities in Mallow south urban

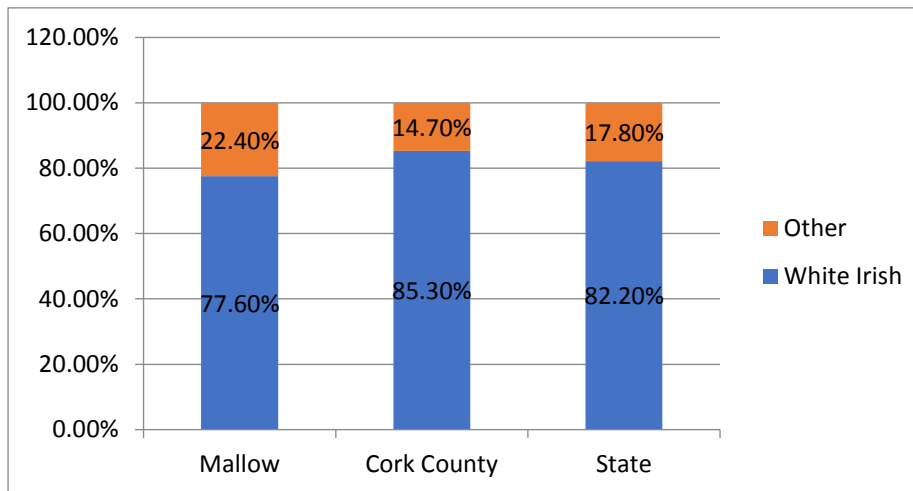


Mallow north urban has the largest non-national population, while Mallow south urban has the smallest non-Irish national population.

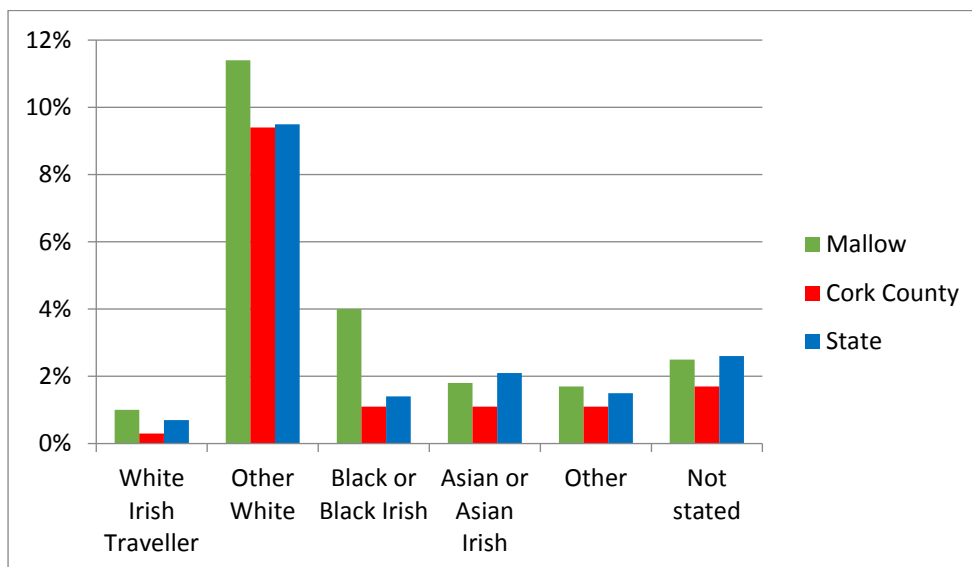
## 5.2 Ethnicity

Mallow has a higher proportion of ethnic minorities than the state and Cork County average. The largest ethnic minority population in Mallow is 'white non-Irish', followed by black or black Irish.<sup>1</sup>

Graph 5.6: Showing ethnic breakdown of Mallow, Cork County and State

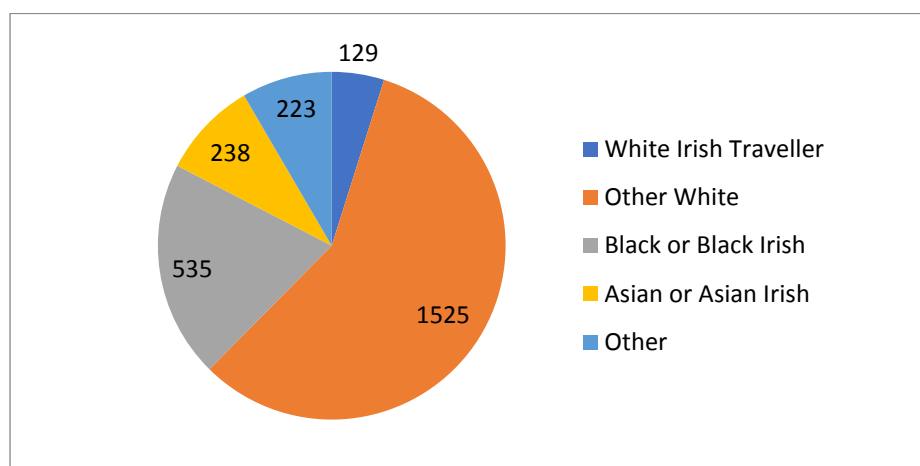


Graph 5.7: Breakdown of ethnic minorities in the state, Cork County and Mallow





Graph 5.8: Breakdown of ethnic minorities in Mallow



Attitudes towards immigrants became increasingly negative throughout the recession, 2010 and 2014. Positive attitudes have increased towards ethnic minorities in Ireland but have still not reached pre-recession levels of positivity according to the ESRI.<sup>13</sup> The ESRI also noted that an ethnic hierarchy exists among Irish people who are most supportive of other white ethnicities, followed by Muslims but see Roma and Traveller populations quite negatively. Many Irish people held the belief that some ethnicities were more hard working. Generally those with higher educational attainment were more positive about the impact of immigration. Older people did not appear to have more negative attitudes towards immigration.<sup>13</sup>

Studies have repeatedly found that discrimination has a negative impact on the health of immigrant populations. Perceived discrimination and prejudice effects first and second generation immigrants and is frequently associated with poorer health outcomes. People from countries with lower socio-economic development, those who speak a minority language at home and those who are non-Christian are most likely to experience discrimination.<sup>14</sup>

Ireland has a MIPEX (Migrant Intergration Policy Index) score of 52 indicating that it is 'halfway favourable' to migrant integration. Ireland scores most poorly in the areas of labour market mobility, family reunion and education.<sup>15</sup>

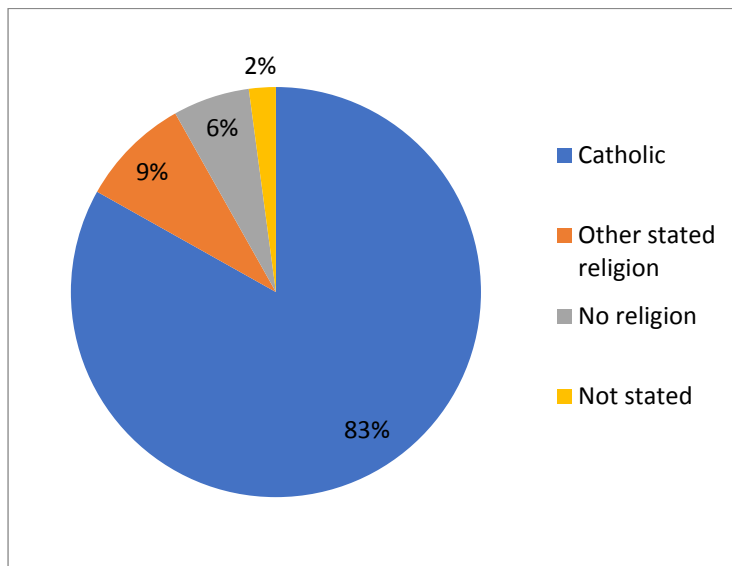
Key barriers that exist for migrants accessing healthcare include language differences, cultural differences and low health literacy.<sup>16</sup>

In order to counteract the negative impact of discrimination on the migrant communities in Mallow it is necessary to support intercultural relationship building to reduce discrimination. It is also necessary to improve health literacy through the dissemination of health information and ensure the availability of health resources in various languages. It may also be beneficial to create a resource to improve health practitioners' awareness of cultural differences.

## 5.3 Religion

Mallow's population is majority catholic (83%), with 9% stating that they followed another religion and 8% stating that they followed no religion.<sup>1</sup>

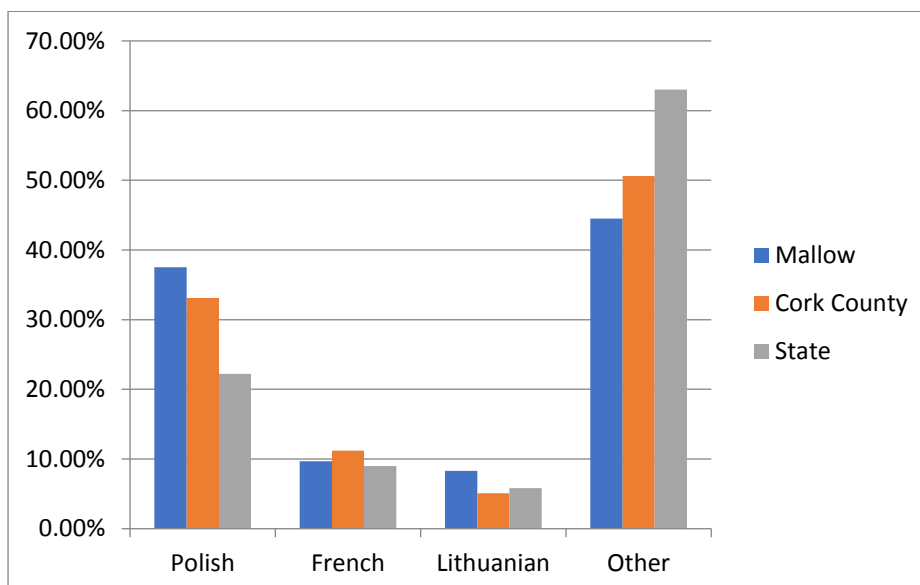
Graph 5.9: Population of Mallow divided by religion



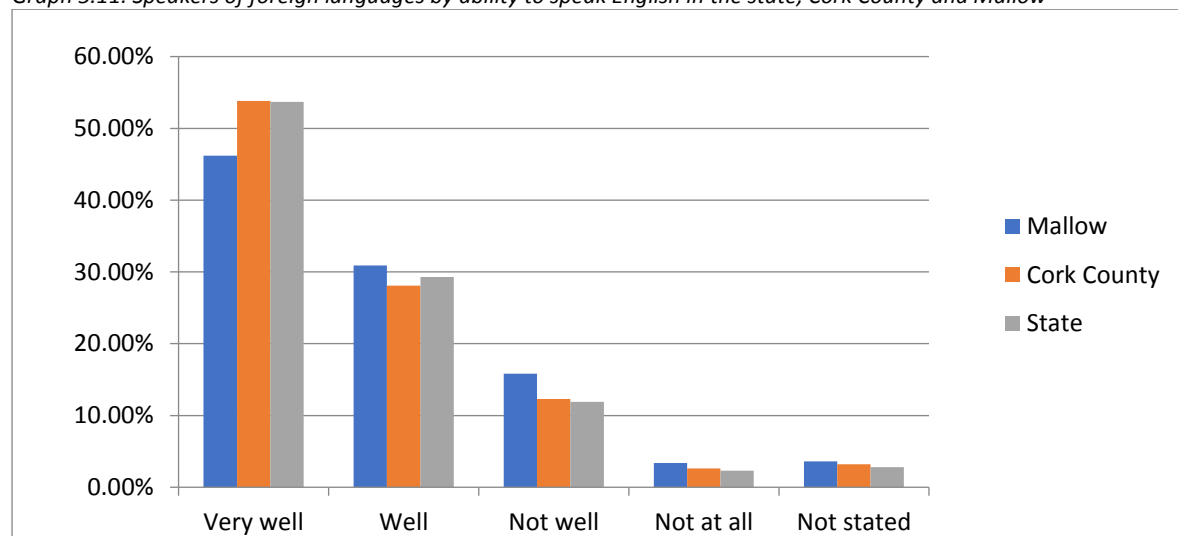
## 5.4 Language

Numerous languages are spoken within different communities in Mallow.<sup>1</sup>

Graph 5.10: Speakers of foreign languages by language spoken in Mallow, Cork County, State

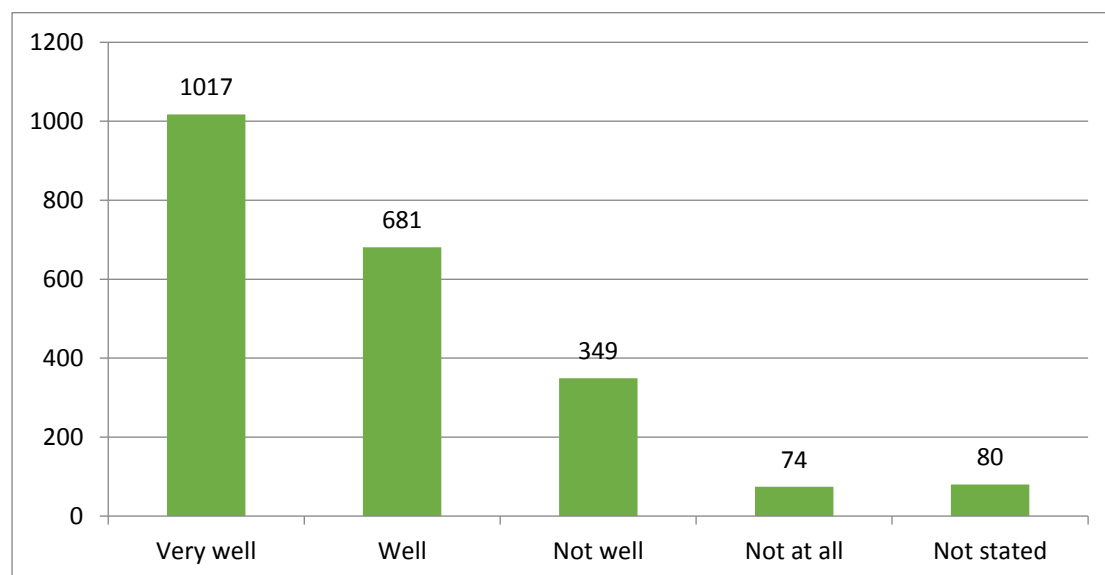


Graph 5.11: Speakers of foreign languages by ability to speak English in the state, Cork County and Mallow

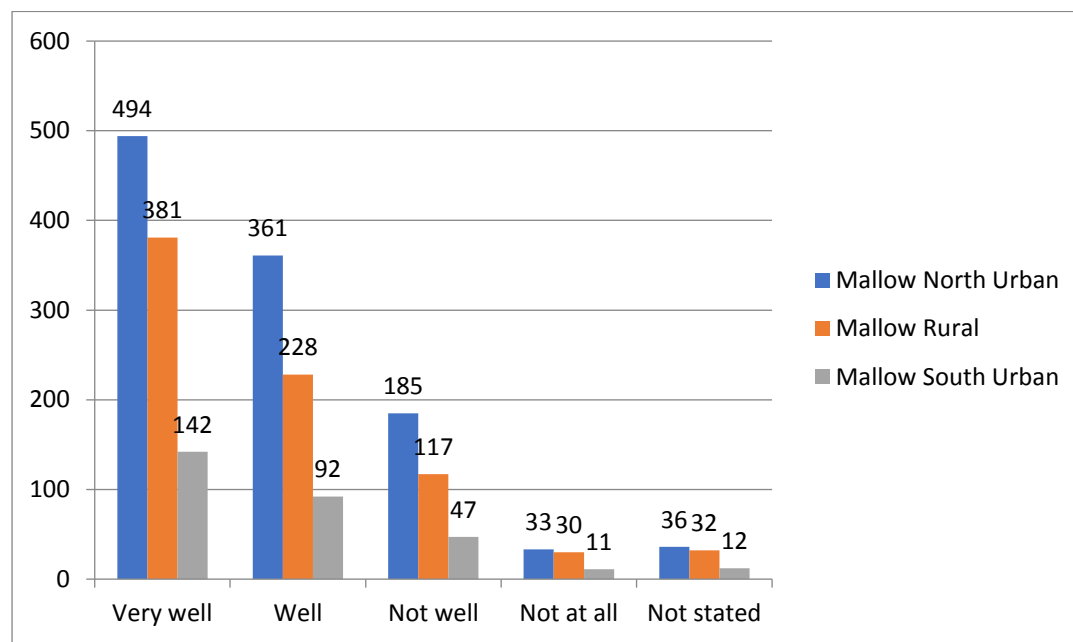


A number of people stated they did not speak English well or at all. This group of people are at risk of disadvantage and subsequent negative health outcomes.<sup>17,18</sup> This cohort of people will likely find health information and services much harder to access. Accessing work and education may also prove more difficult and integration into the wider community is also likely to be limited.<sup>17,18</sup> In comparison to the state and Cork County there are higher proportions of people in these categories in Mallow, suggesting a need for this issue to be tackled.

Graph 5.12: Number of speakers of foreign languages by ability to speak English in Mallow



Graph 5.13: Number of speakers of foreign languages by ability to speak English in Mallow electoral divisions



This cohort of the Mallow population are at higher risk of disadvantage and poorer health outcomes as a result of their level of English proficiency. Language barriers have been proven to be a significant barrier to healthcare access, patient satisfaction and disparities in receipt of care.<sup>17</sup> Poor English proficiency can also determine and fix someone in a particular position in the labour market and negatively impact a person's ability to integrate into their local community.<sup>19</sup>

Offering English language classes and advertising these classes in other languages and targeting immigrant communities can reduce the disadvantages associated with poor English proficiency.

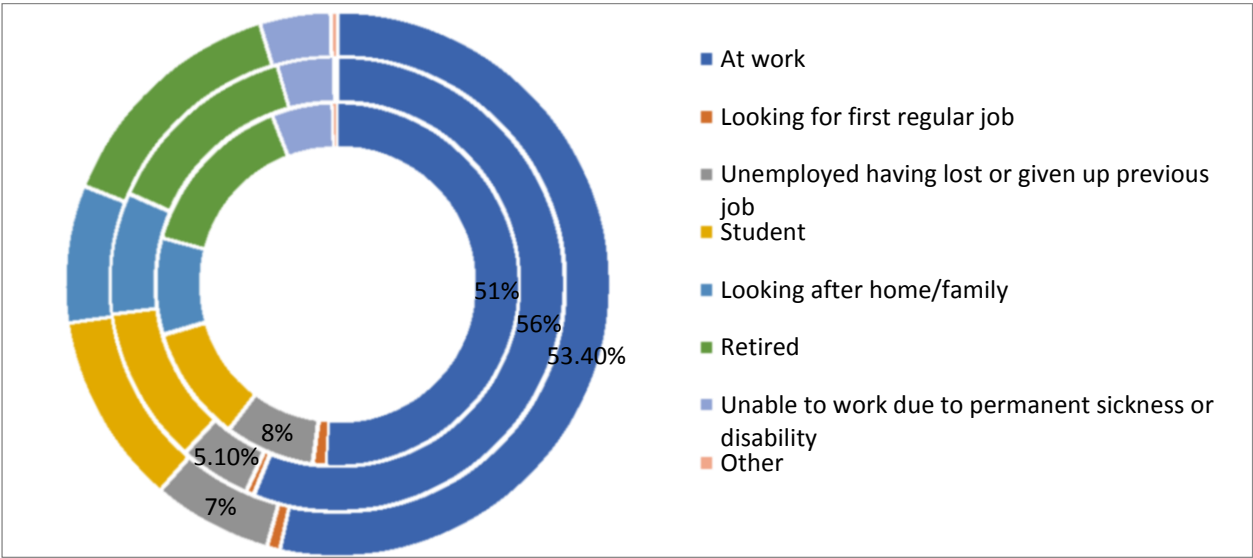
# 6. Employment

This section focuses on primary economic status, social class and employment.

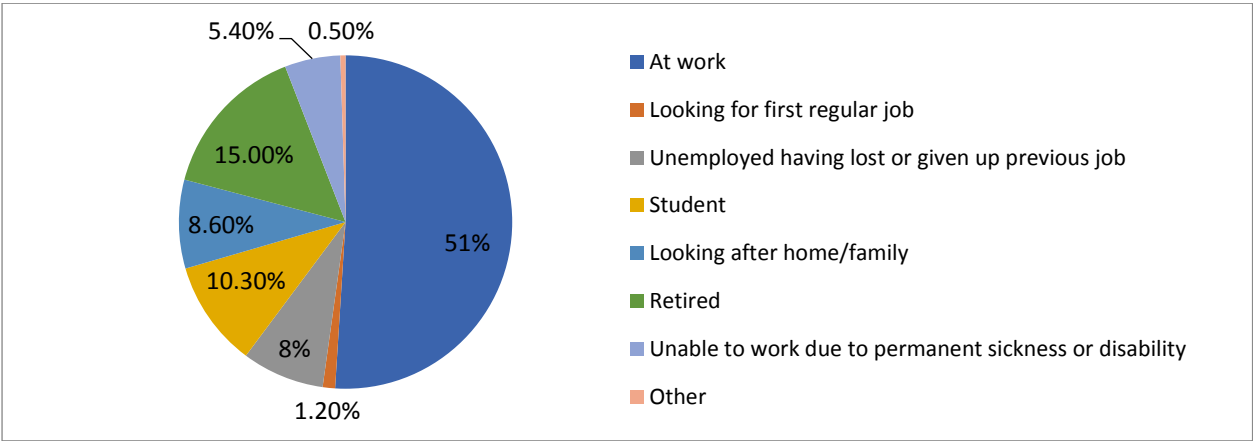
## 6.1 Primary Economic Status

Mallow in comparison to the state and cork county has a slightly lower rate of people at work and a slightly higher rate of people who are unemployed and retired.<sup>1</sup>

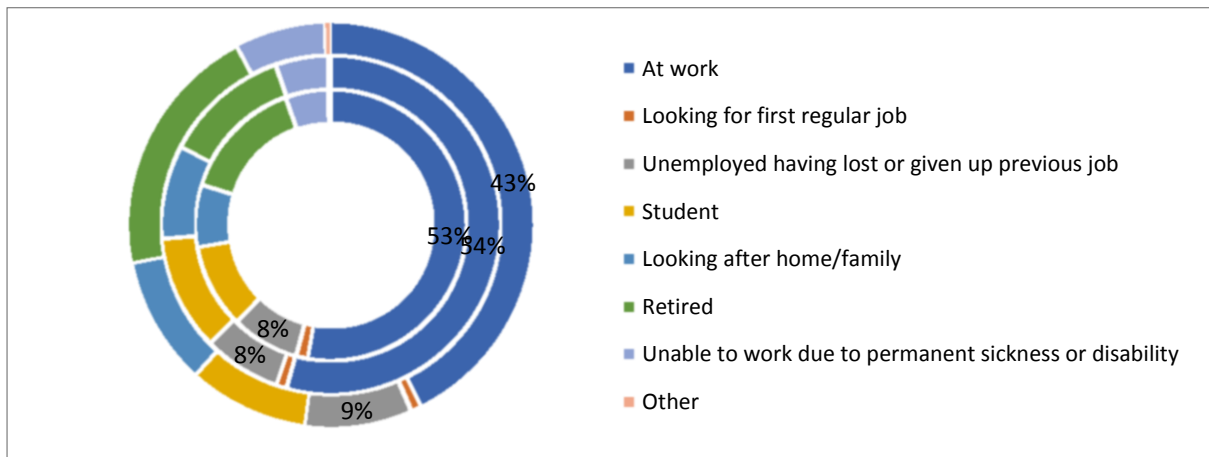
Graph 6.1: Primary economic status in the State (outside ring), Cork County (middle ring) and Mallow (inside ring)



Graph 6.2: Primary economic status in Mallow

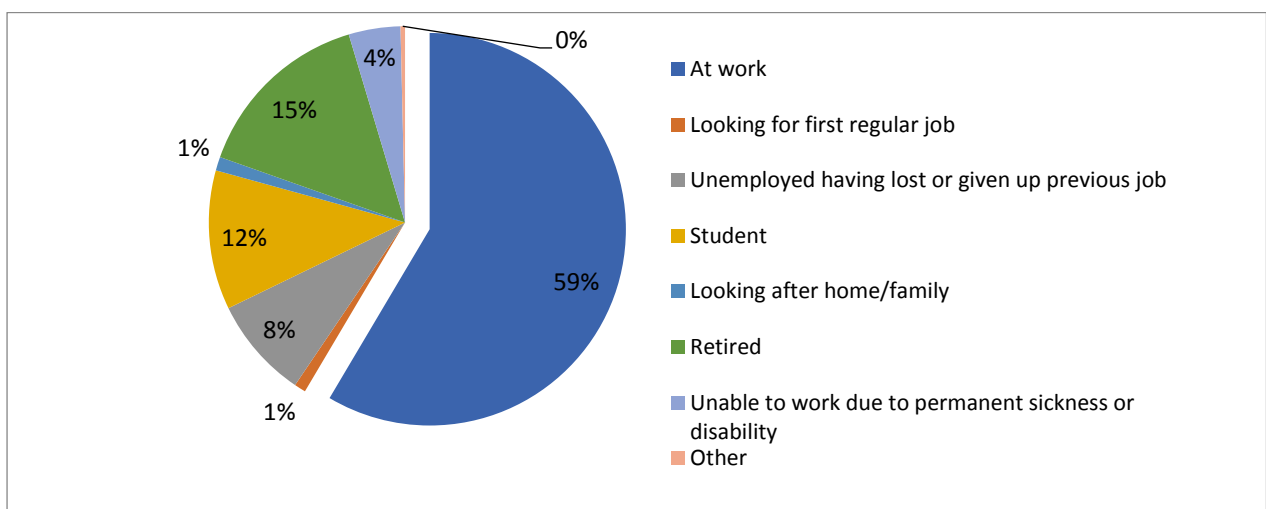


Graph 6.3: Primary economic status in Mallow south urban (outside ring), Mallow rural (middle ring) and Mallow north urban (inside ring)



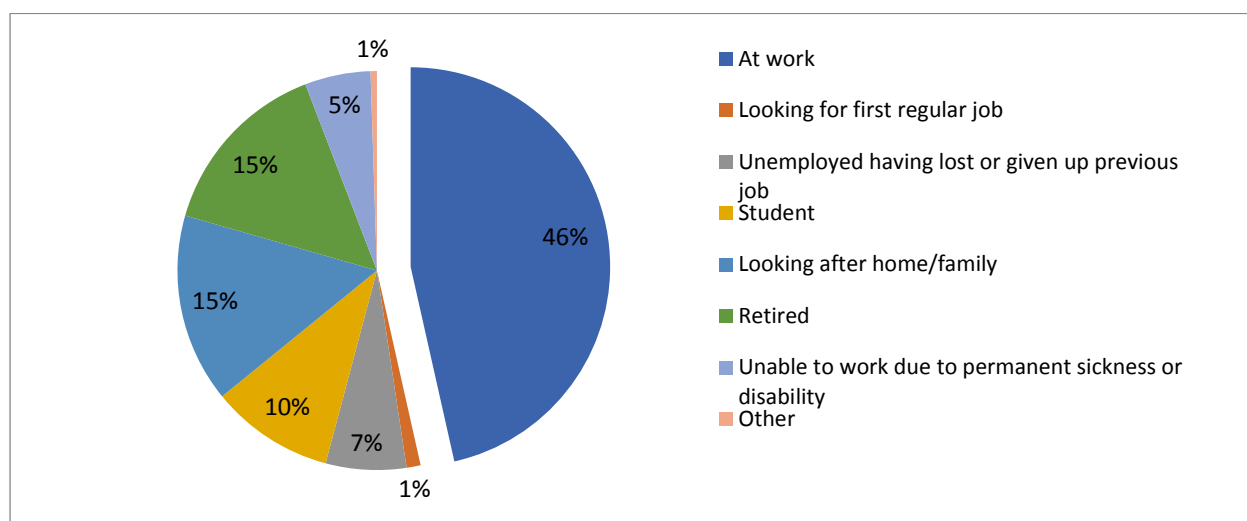
Mallow south urban stands out as having a lower rate of employment than the other electoral divisions and while some of this is accounted for by the higher unemployment rate the majority of this difference is as a result of the higher proportion of retired people.<sup>1</sup>

Graph 6.4: Primary economic status of the male population in Mallow





Graph 6.5: Primary economic status of the female population in Mallow

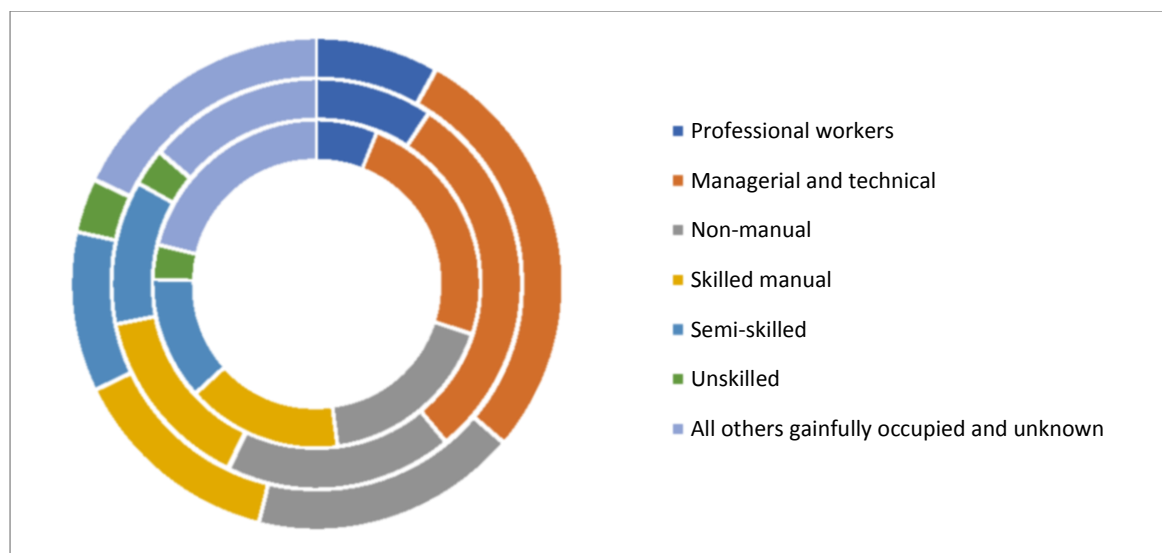


The male population of Mallow has a higher proportion of people at work, the difference between employment rates appears to be as a result of a higher proportion of women looking after home/family. This indicates a population of women who may need support or who may benefit from partaking in courses to develop and keep skills up to date should they decide to return to the workforce.<sup>1</sup>

## 6.2 Social Class

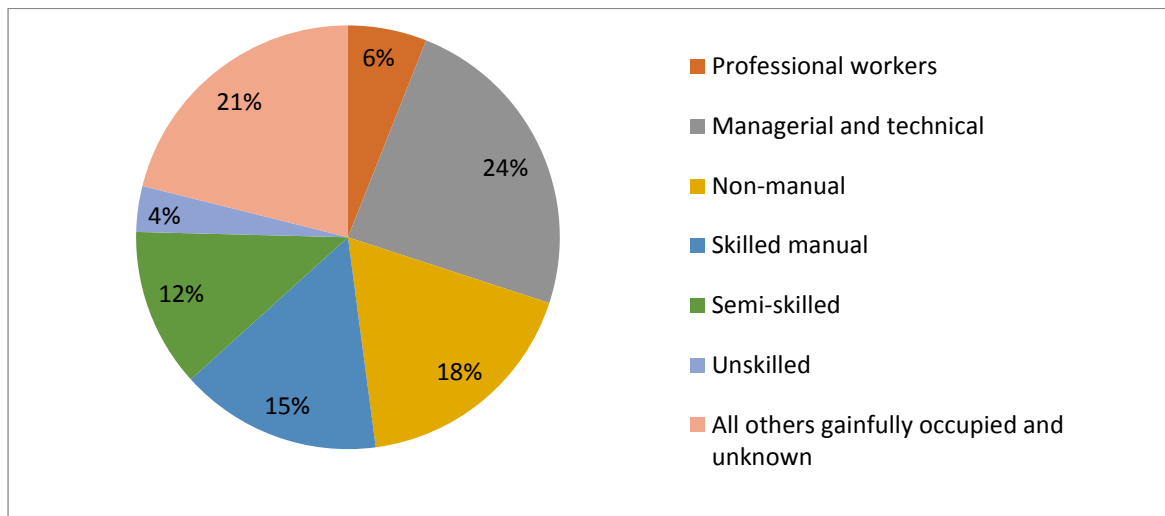
This section explores social class, which has repeatedly been proven to be a key determinant of health.<sup>19</sup>

Graph 6.6: Breakdown of social class in the state (outside ring), Cork County (middle ring) and Mallow (inside ring)

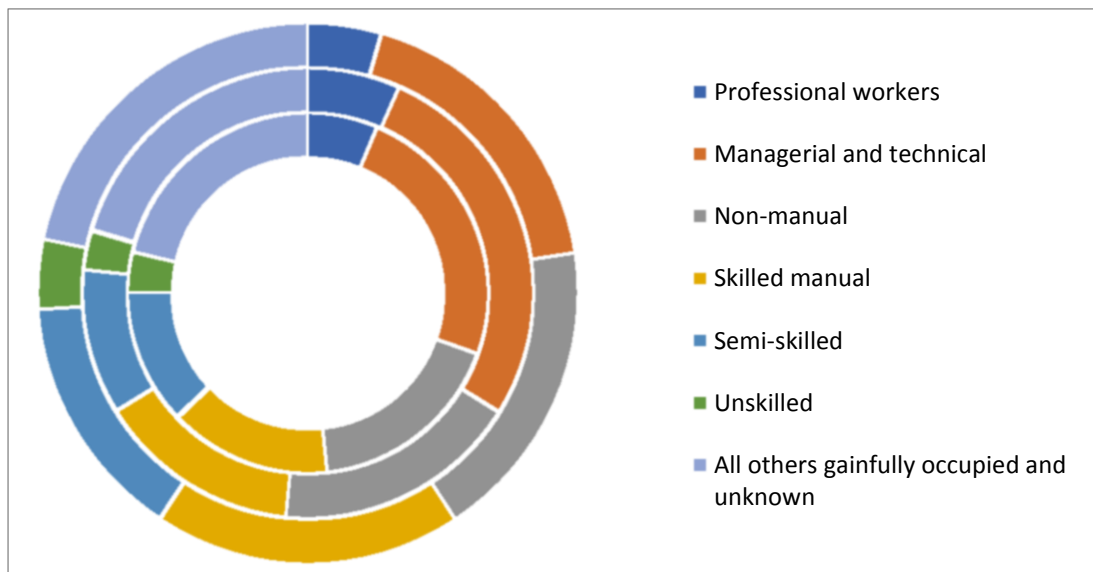


Mallow had fewer people proportionally in professional and managerial class strata in comparison to Cork County and the state.<sup>1</sup>

Graph 6.7: Breakdown of social class in Mallow

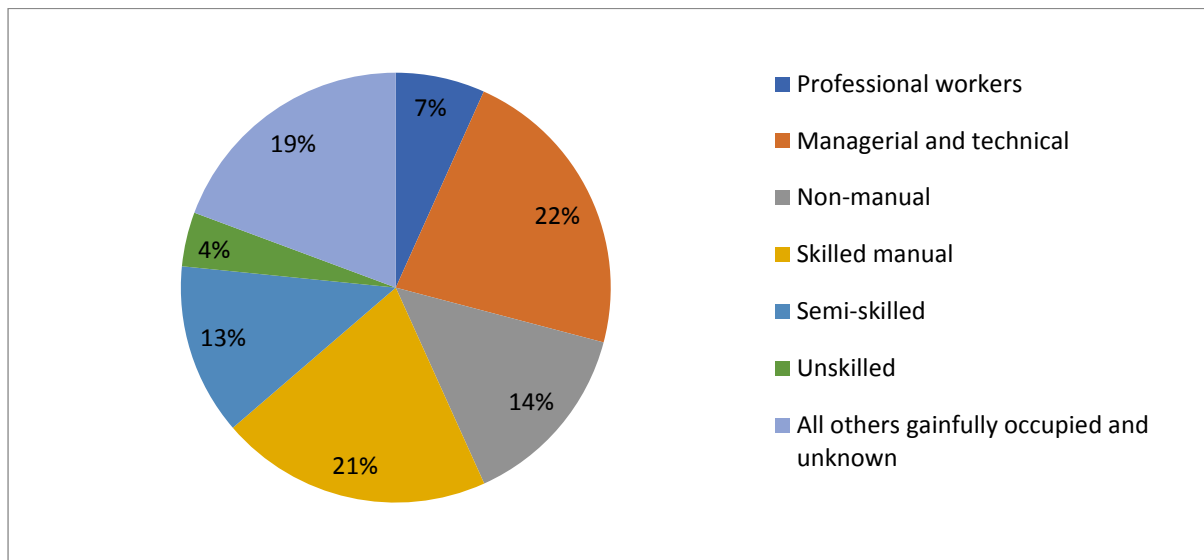


Graph 6.8: Social class breakdown of Mallow south urban (outside ring), Mallow rural (middle ring), Mallow north urban (inside ring) electoral divisions

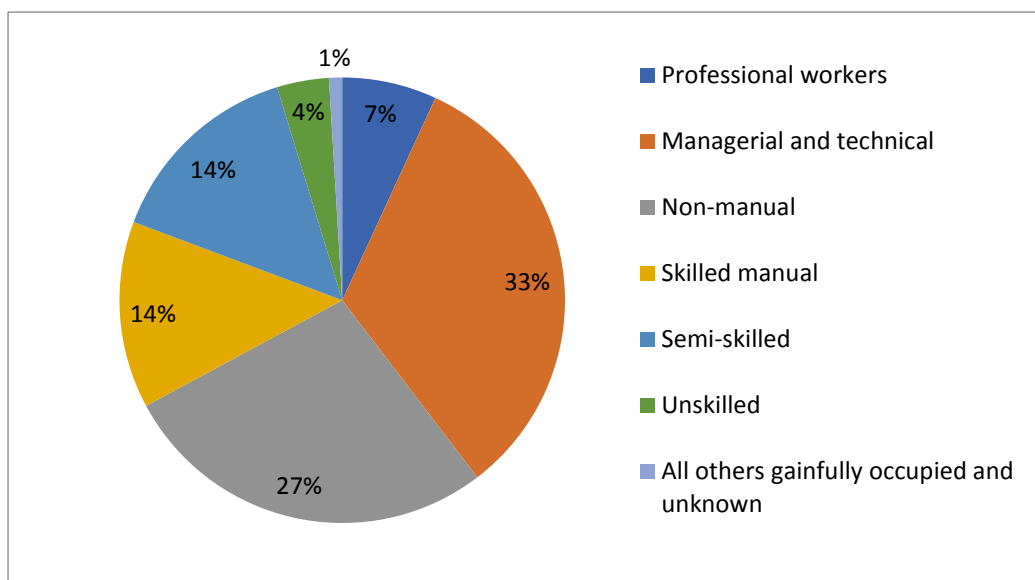


The Mallow south urban electoral division had a visibly lower proportion of people in managerial and professional strata and a higher proportion of people in the semi-skilled and unskilled strata.<sup>1</sup>

Graph 6.9: Social class breakdown of male population in Mallow



Graph 6.10: Social class breakdown of female population in Mallow



There are a higher proportion of women working in managerial and technical positions and a higher proportion of men in skilled manual occupations. There appears to be a much higher proportion of the male population working in the 'gainfully employed unknown category'.<sup>1</sup>

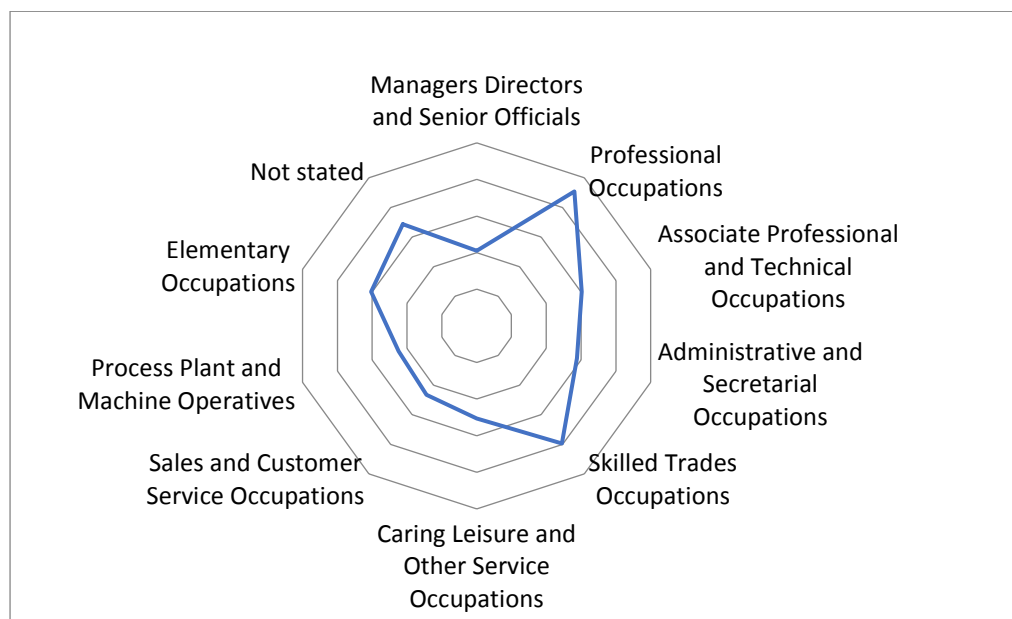
The social class one belongs to has been proven to have a significant impact on a person's health outcomes. Those from low socio-economic backgrounds have higher mortality rates, higher prevalence of CVD, angina, stroke, obesity and smoking. A person's socio-economic background can also effect the treatment they receive or are offered, with people from high socio economic groups getting preferential treatment.<sup>19,20,21,22</sup>

Therefore it may be necessary to offer those people in lower socio economic groups additional support and access to health services in order to challenge the existing health inequalities.

## 6.3 Occupation

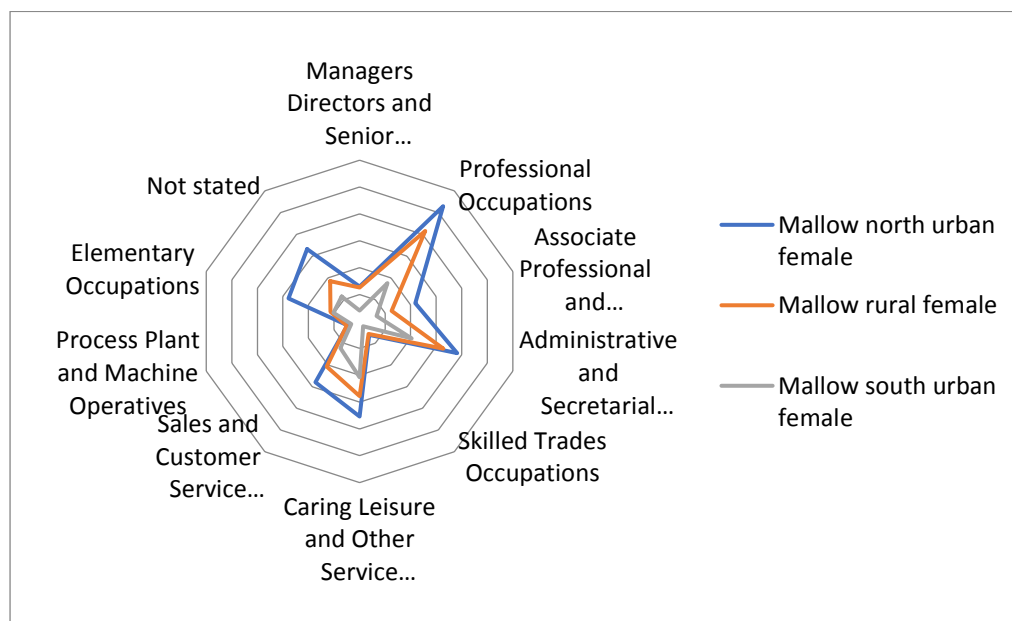
This section focuses on what types of occupations people in Mallow are working in.

Graph 6.11 : Occupational breakdown of Mallow



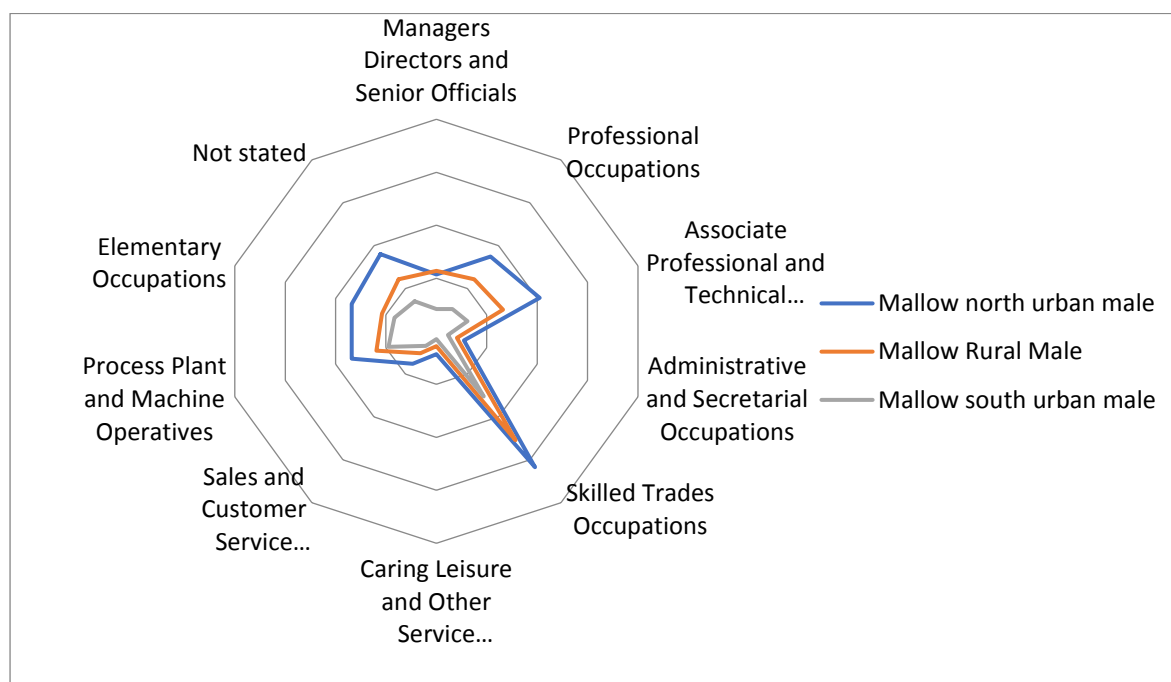
This breakdown was not significantly different from the dispersion of occupations in the state or Cork County. People most commonly worked in professional, skilled trade and elementary occupations.<sup>1</sup>

Graph 6.12: Dispersion of occupations among female population of Mallow electoral divisions



The female population of Mallow most commonly worked in professional, administrative and secretarial and caring, leisure and other service occupations.

Graph 6.13: Dispersion of occupations among male population of Mallow electoral divisions

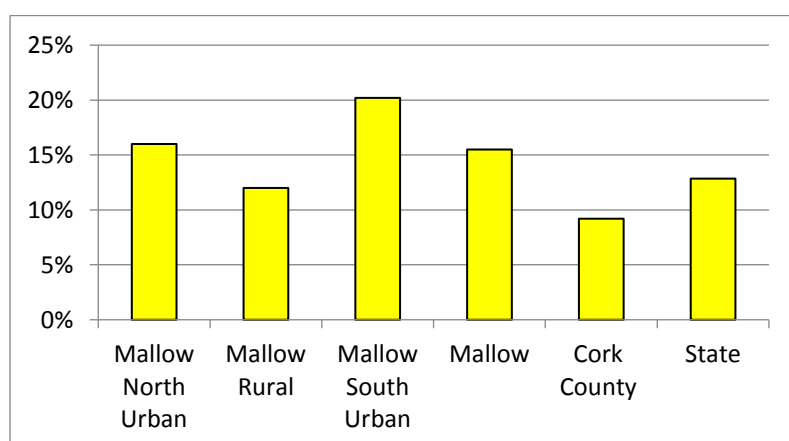


The male population of Mallow most commonly worked in associate professional and technical, skilled trade and process plant and machine operative occupations.

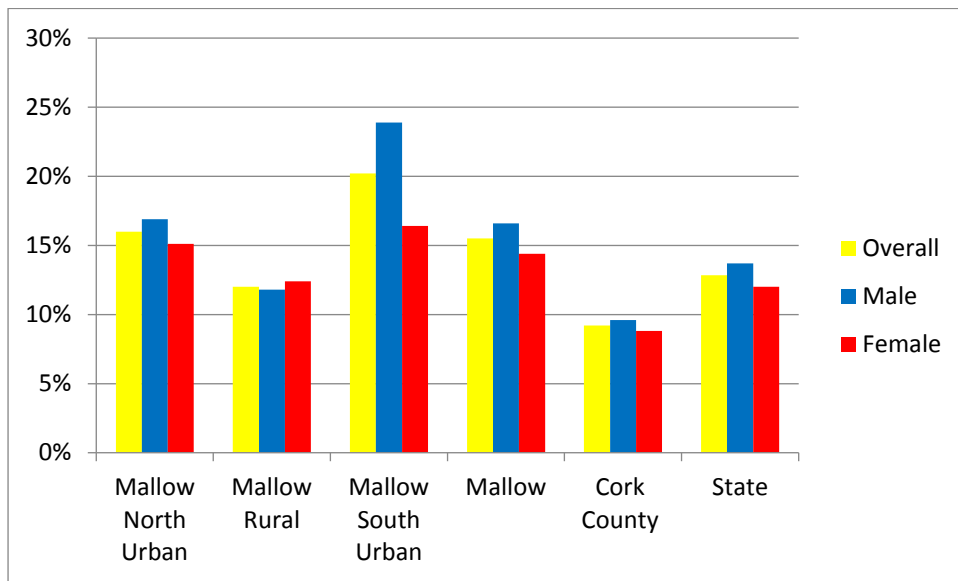
## 6.4 Unemployment rate

The unemployment rate in Mallow is higher than the average in the state and Cork County, with the highest rate of unemployment in the Mallow south urban electoral division.<sup>1</sup>

Graph 6.14: Unemployment rates in state, county, mallow and electoral divisions



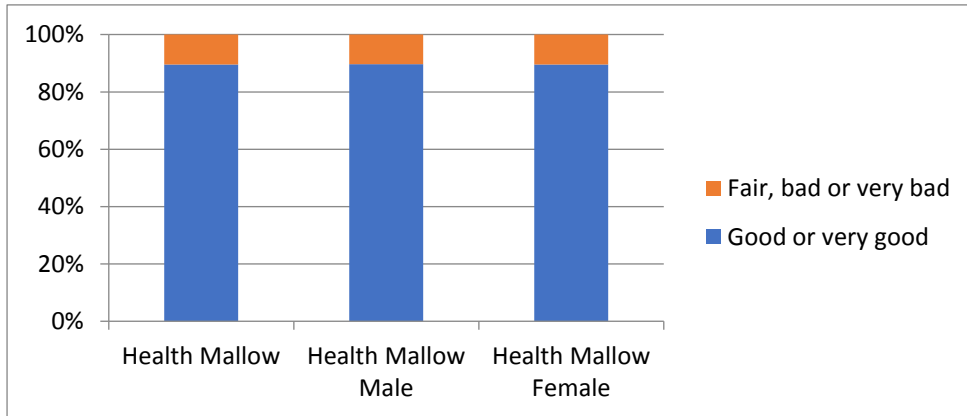
Graph 6.15: Unemployment and gender breakdown



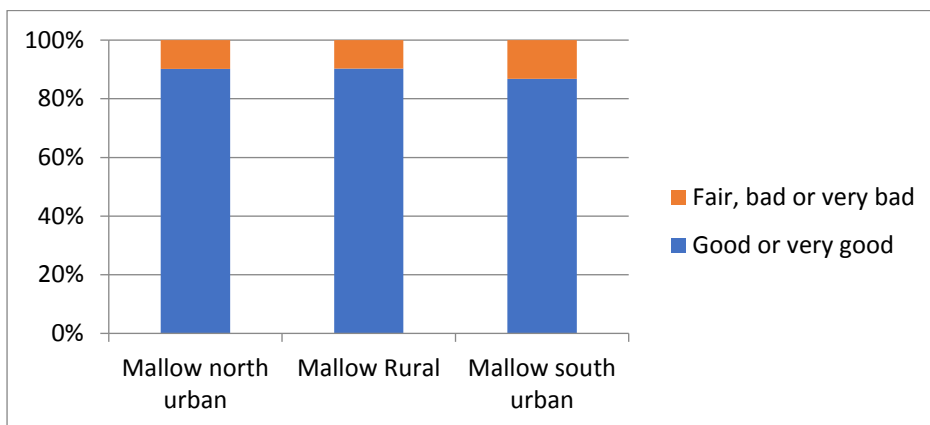
# 7. Health

The vast majority of people in Mallow feel positively about their health. Mallow south urban has the highest proportion of people describing their health as fair, bad or very bad. This may be as a result of the older population living in Mallow south urban.<sup>1</sup>

Graph 7.1: How people feel about their health in Mallow, female and male populations



Graph 7.2: How people feel about their health by electoral division



## 7.1 Older populations

Non-communicable diseases (such as cardiovascular diseases, cancer, chronic respiratory diseases, hypertension, diabetes and dementia) are the number one cause of death globally and these diseases affect older people in particular.<sup>23</sup> Existing services in the area that tackle these diseases should be supported and any gaps which exist should be identified and provided for.

Approximately 15% of adults aged 60 or over suffer from mental and neurological disorders. These range from dementia to depression. Support for older people to achieve positive mental health throughout the life course is essential. Services should target vulnerable people such as those who live alone or rurally as these groups are generally at a higher risk of social isolation which can compound mental health issues.<sup>24</sup>



## 7.2 Cancer data

The table below outlines the total invasive cancers diagnosed in Mallow between 1994 and 2015.

Cancer incidence in the Mallow area was similar to what would be expected based on local and national incidence. Incidence rates in Mallow rural were somewhat lower than background rates and lung cancer incidence was found to be higher in Mallow north and south urban. This would not be an unexpected finding as lung cancer rates tend to be higher in urban areas generally.

*Table 7.1: Total invasive cancers diagnosed in the Mallow region 1994-2015 inclusive*

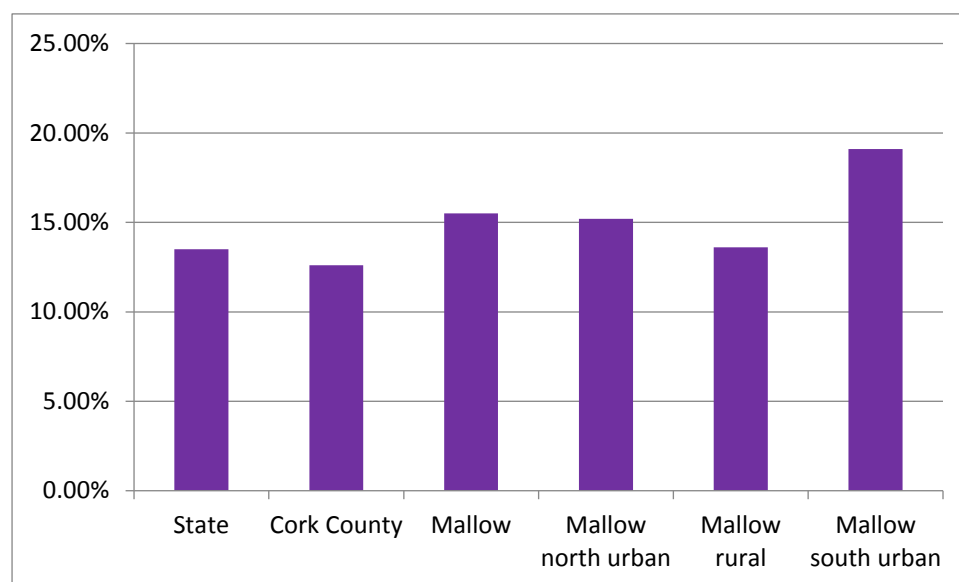
<b>Cancer type</b>	<b>Mallow North Urban</b>	<b>Mallow South Urban</b>	<b>Mallow Rural</b>	<b>Total</b>
head and neck	9	11	5	25
upper gastrointestinal	21	14	8	43
colorectal	49	44	21	114
pancreas	5	11	9	25
other digestive	8	14	3	25
lung	48	48	15	111
melanoma skin	16	11	10	37
breast	53	41	30	124
gynaecological	19	24	9	52
prostate	58	48	32	138
urinary	25	18	11	54
brain & CNS	7	7	8	22
blood & lymph	36	31	23	90
other and unspecified	21	20	20	61
<b>Total invasive cancers (excluding non-melanoma skin cancers)</b>	<b>375</b>	<b>342</b>	<b>204</b>	<b>921</b>

There does not appear to be any geographical areas of concern in Mallow in relation to incidences of cancer.

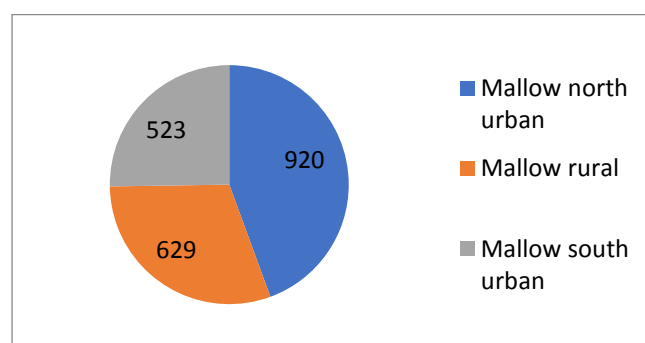
## 8. Disability

Mallow has a higher rate of disability than the state or Cork County and this is most pronounced in Mallow south urban. This would indicate a strong need for disability services in Mallow and a need to ensure that health services and activities are accessible to those with disabilities.<sup>1</sup>

*Graph 8.1: Rates of disability among populations in the state, Cork County, Mallow and electoral divisions*



*Graph 8.2: Numbers of people with a disability divided by electoral division*



Mallow south urban may have a proportionally higher population of people with disabilities, but in terms of actual numbers, Mallow north urban has the largest population of people with disabilities.<sup>1</sup>

Rates of disability are increasing as the population ages and people with disabilities often experience access barriers to healthcare and have unmet health needs.<sup>25</sup>

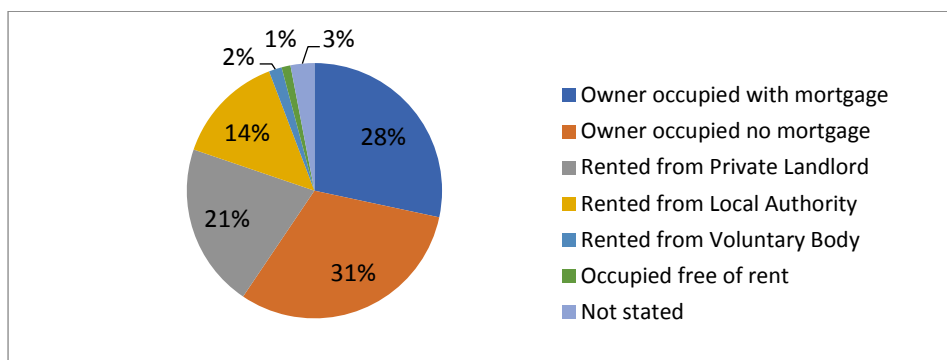
Health promotion campaigns often do not target people with disabilities specifically. The result is that women with disabilities have lower rates of cervical and breast cancer screening. Young people with disabilities often do not receive sex education and people with intellectual disabilities and diabetes have their weight checked less often than those without disabilities.<sup>25</sup>

Health promotion campaigns in Mallow can target health messages and services specifically at populations with disabilities and effectively reduce any existing health inequalities.

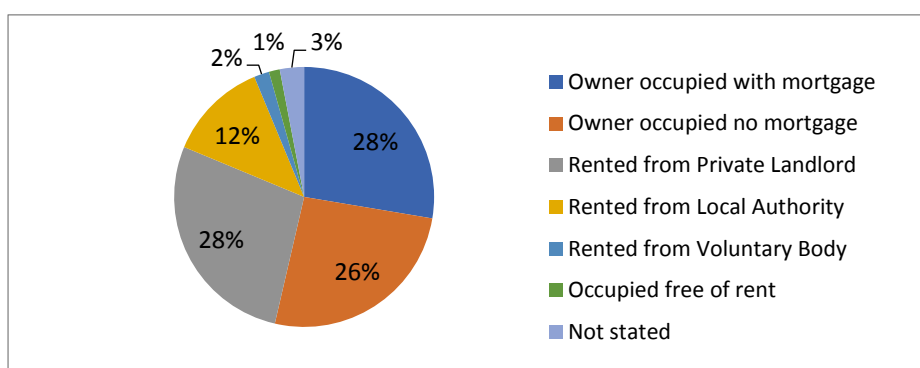
# 9. Housing

Overall 59% of houses in Mallow are owner occupied, 31% of which are without a mortgage. Mallow south urban had the highest proportion of people living in owner occupied accommodation without mortgages. Mallow rural has the highest proportion of people living in owner occupied accommodation with a mortgage and Mallow north urban has the highest proportion of people living in rented accommodation.<sup>1,2</sup>

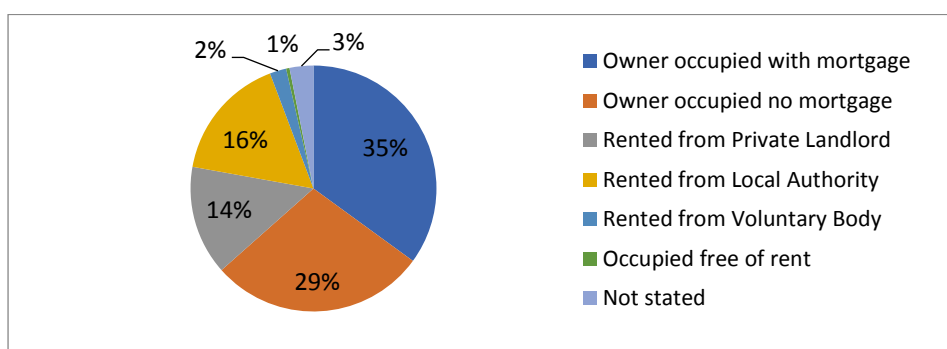
Graph 9.1: Permanent private households by type of occupancy in Mallow



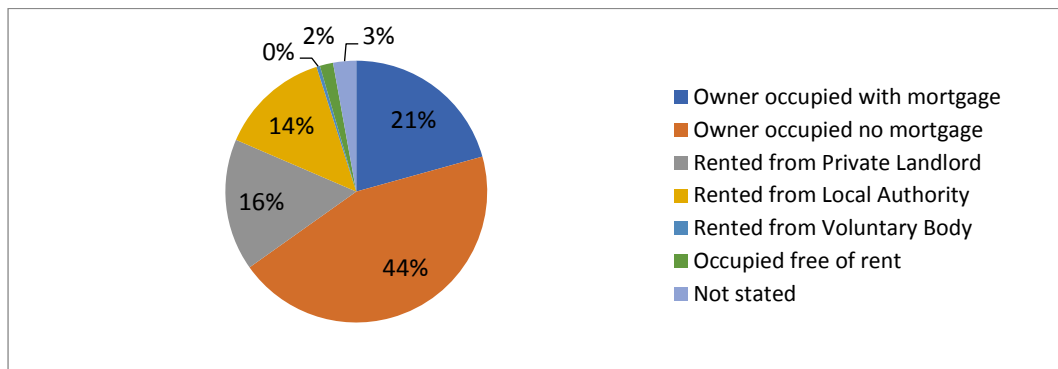
Graph 9.2: Permanent private households by type of occupancy in Mallow north urban



Graph 9.3: Permanent private households by type of occupancy in Mallow rural



Graph 9.4: Permanent private households by type of occupancy in Mallow south urban



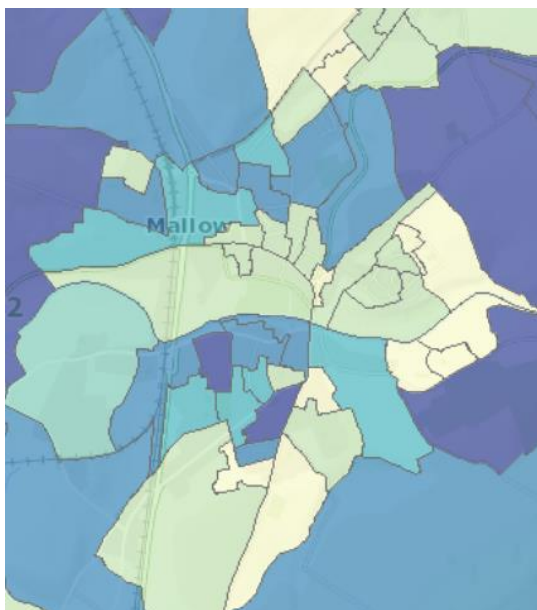
A person's housing situation will have an impact on the kind of daily challenges they are likely to face. Those in rented accommodation, particularly those with families, are often in precarious situations and are at a higher risk of homelessness.<sup>26,27</sup>

Those living in local authority and social housing also generally have worse health outcomes than those in private housing.<sup>22,28</sup>

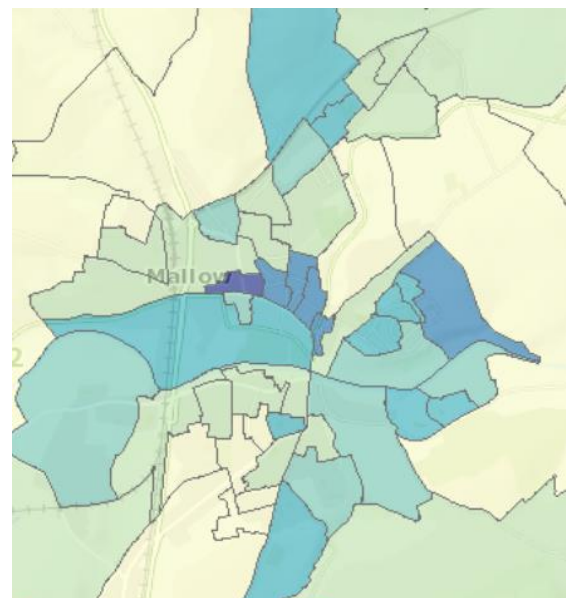
## 9.1 Types of accommodation in Mallow

Darker shades of blue indicate a higher prevalence of the named indicator in each map.

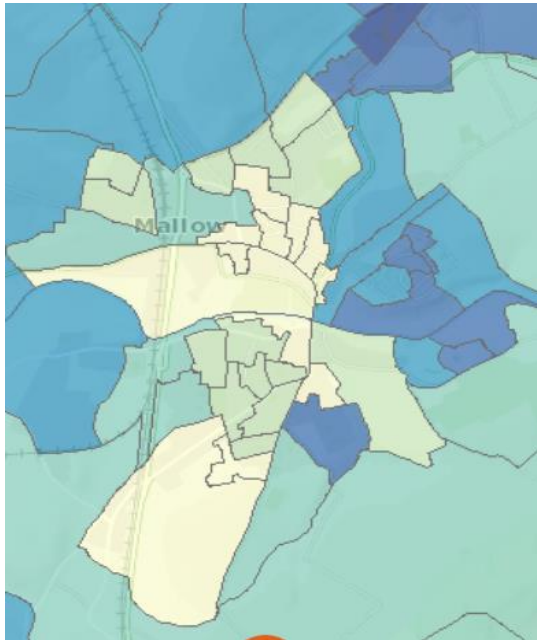
Map 9.1: Owner occupied housing without a mortgage



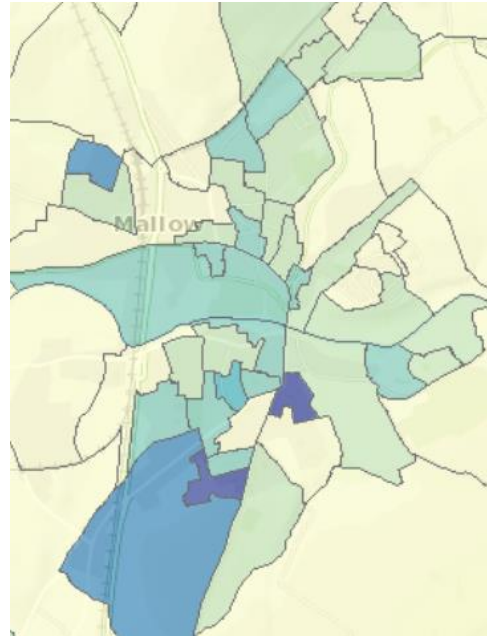
Map 9.3: Private rented accommodation



*Map 9.2: Owner occupied with a mortgage*



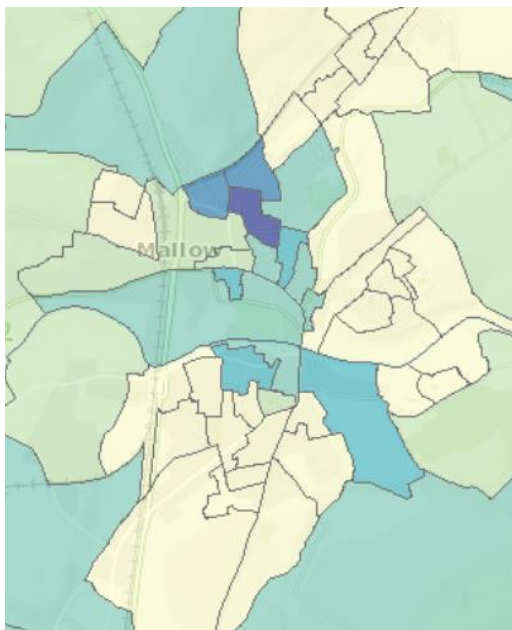
*Map 9.4: Housing rented from a Local Authority, social housing or voluntary body*



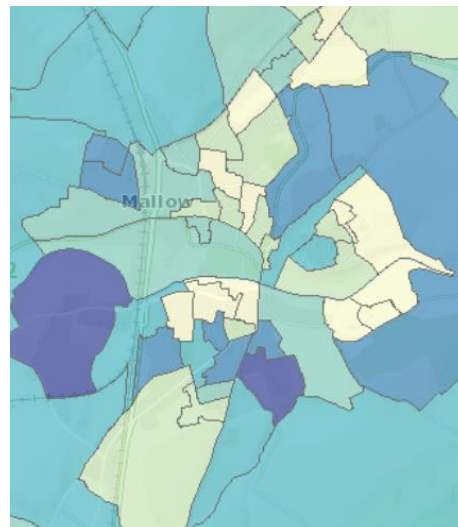
## 9.2 Age of housing in Mallow

The maps below show where housing development has occurred in mallow over the last 50 years.

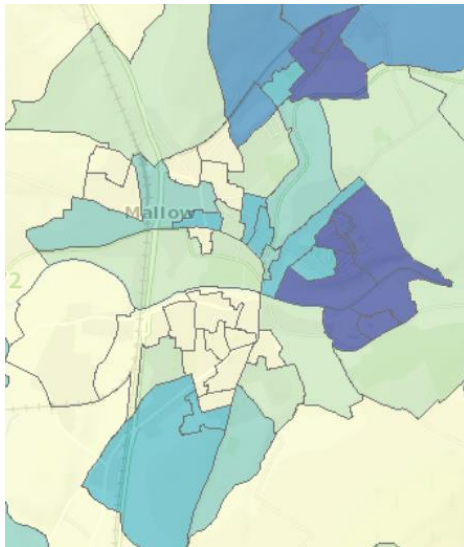
*Map 9.5: Houses built before 1971*



*Map 9.6: Houses built before 1971-2001*



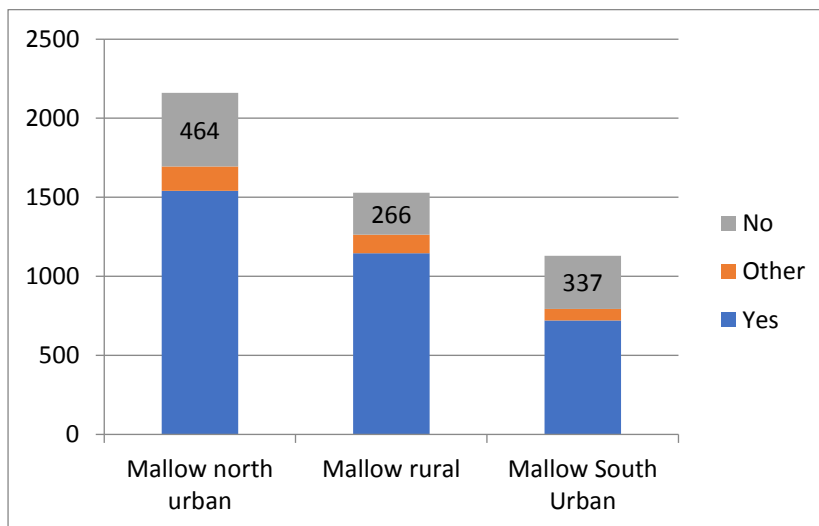
Map 9.7: Houses built after 2001



## 10. PC, broadband and transport access

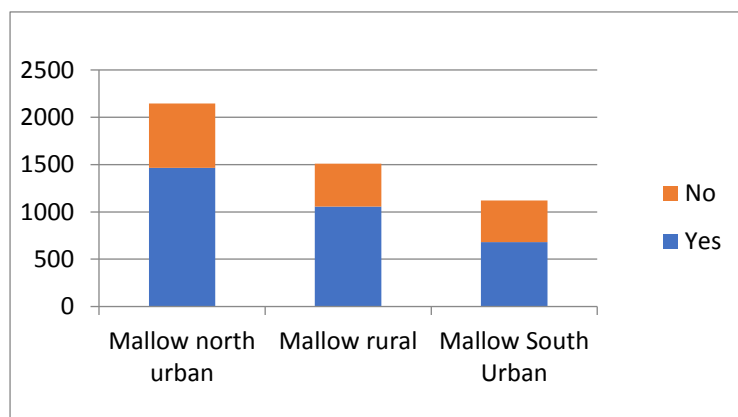
This section focuses on access to transport and internet. These are important markers which indicate a household's ability to access services and information.

Graph 10.1: Households with broadband internet<sup>1,2</sup>



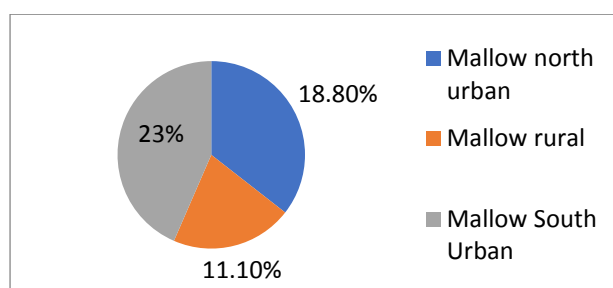
Graph 10.1 indicates that 1,067 households in Mallow do not have internet access which is important to keep in mind when promoting health activities and events in the area.

Graph 10.2: Households with a PC<sup>1,2</sup>



There are large proportions of households that do not have access to a PC. This may mean they are relying solely on smartphone and tablet usage. If this is the case it is important that any online marketing or websites are easily accessed and usable through various devices such as smartphones and tablets. It may also mean that a household has no device with which to access the internet. This clarification does not appear to have been made by the CSO.

Graph 10.3: Percentage of households without a car<sup>1,2</sup>



There are 858 households without access to a car, 417 in Mallow north urban, 267 in Mallow south urban and 167 in Mallow rural.

Households without a car, especially those in rural areas may be experiencing transport poverty and may be unable to make the journeys they need to therefore reducing access to employment, education and healthcare thus exacerbating social isolation.<sup>29</sup>

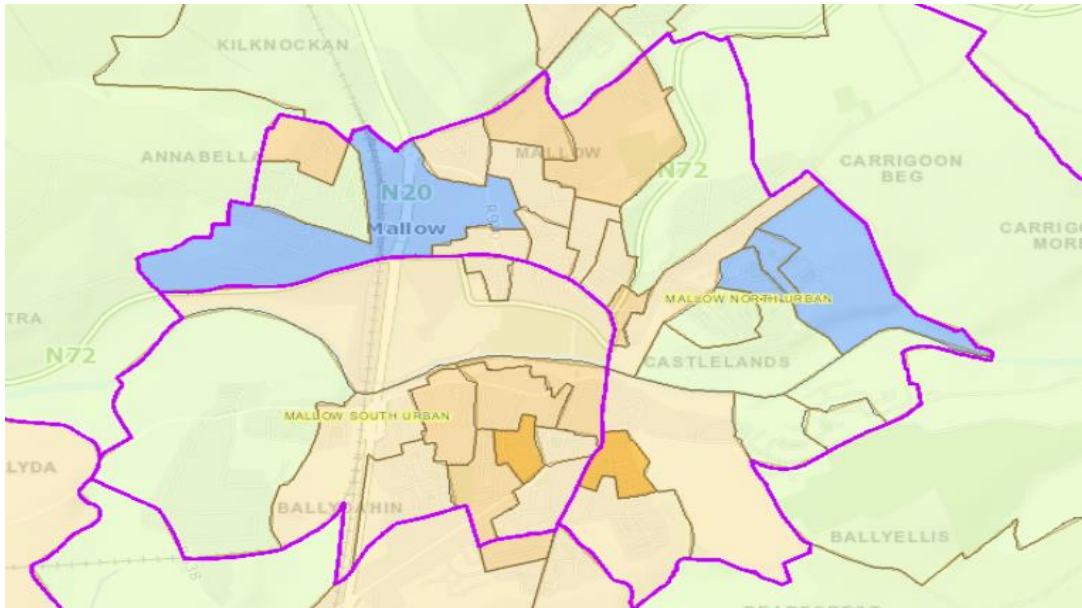
Having health services and activities throughout the town can improve accessibility, rather than having activities centred in one area in the town. It also may be beneficial to engage with services that may already have these populations identified, as a way to access and provide services for this population.



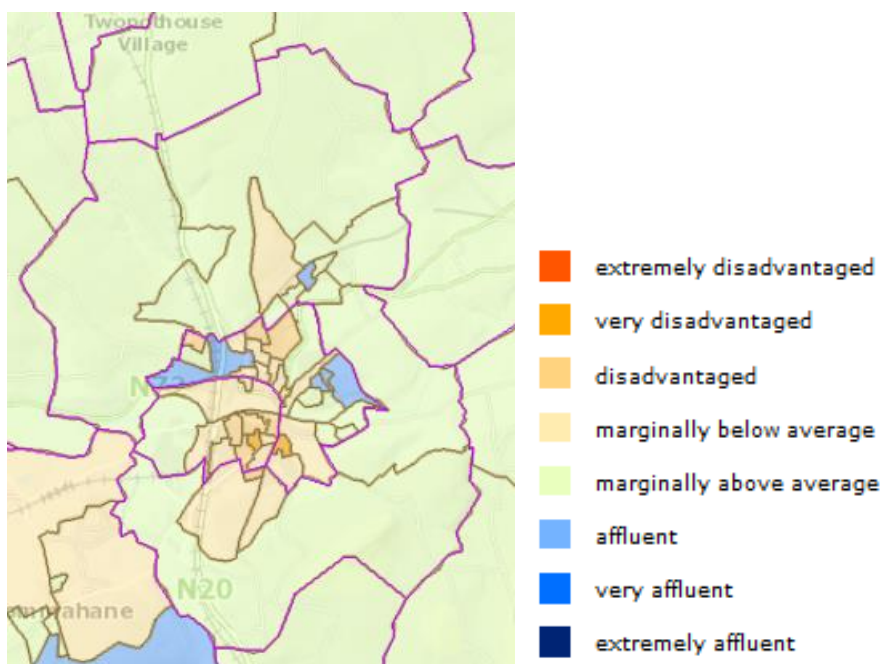
# 11. Disadvantage

This section focuses on disadvantage and uses the Haase and Pratschke deprivation index and Pobal maps to highlight areas of particular disadvantage in Mallow. The index is based on numerous factors that contribute to disadvantage such as educational attainment and employment etc. A lower score indicates higher level of deprivation. Areas with very low scores are likely to be experiencing an accumulation of factors of disadvantage.

Map 11.1: Levels of deprivation in small areas within Mallow north and south urban electoral divisions<sup>30</sup>

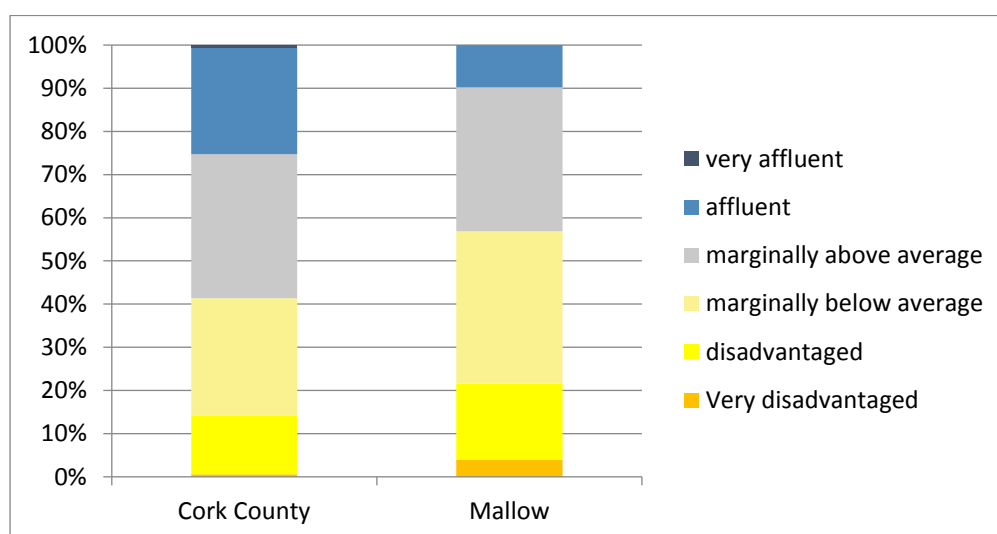


Map 11.2: Levels of deprivation within Mallow north and south urban and Mallow rural electoral divisions<sup>30</sup>



- extremely disadvantaged
- very disadvantaged
- disadvantaged
- marginally below average
- marginally above average
- affluent
- very affluent
- extremely affluent

Graph 11.1: Proportional representation of Cork County and Mallow according to deprivation scores<sup>30</sup>



Cork County has an overall deprivation score of 2.52 which according to the deprivation index would indicate an area which is marginally above average. Mallow has a lower deprivation score of -2.01 which would indicate that the town is marginally below average.

The difference in deprivation scores between electoral divisions in Mallow is striking. Mallow North urban has a score of -1.48, Mallow rural has a score of 1.12 and mallow south urban has the lowest score with -8.46.

There are 51 small areas in Mallow and 11 of these have a deprivation score which indicates they are disadvantaged or very disadvantaged. Of the 11 areas, 5 are in Mallow north urban, 5 are in Mallow south urban and 1 is in Mallow rural.

Table 11.1: Small areas in Mallow that are disadvantaged or very disadvantaged<sup>30</sup>

047246006	Mallow South Urban	-23.63
047324005	Mallow North Urban	-21.12
047324022	Mallow North Urban	-17.88
047245011	Mallow Rural	-17.74
047246010	Mallow South Urban	-16.50
047324002	Mallow North Urban	-16.47
047324020	Mallow North Urban	-16.10
047324019	Mallow North Urban	-14.51
047246003	Mallow South Urban	-11.89
047246008	Mallow South Urban	-11.57
047246011	Mallow South Urban	-10.04

These areas should be targeted specifically as the populations in these areas are likely to need more support than other areas and are at higher risk of poorer health outcomes as a result of living in disadvantage.<sup>21</sup>

Disadvantage impacts households and families negatively as the associated economic pressure people experience can manifest itself as anger, anxiety and frustration. This has been shown to lead

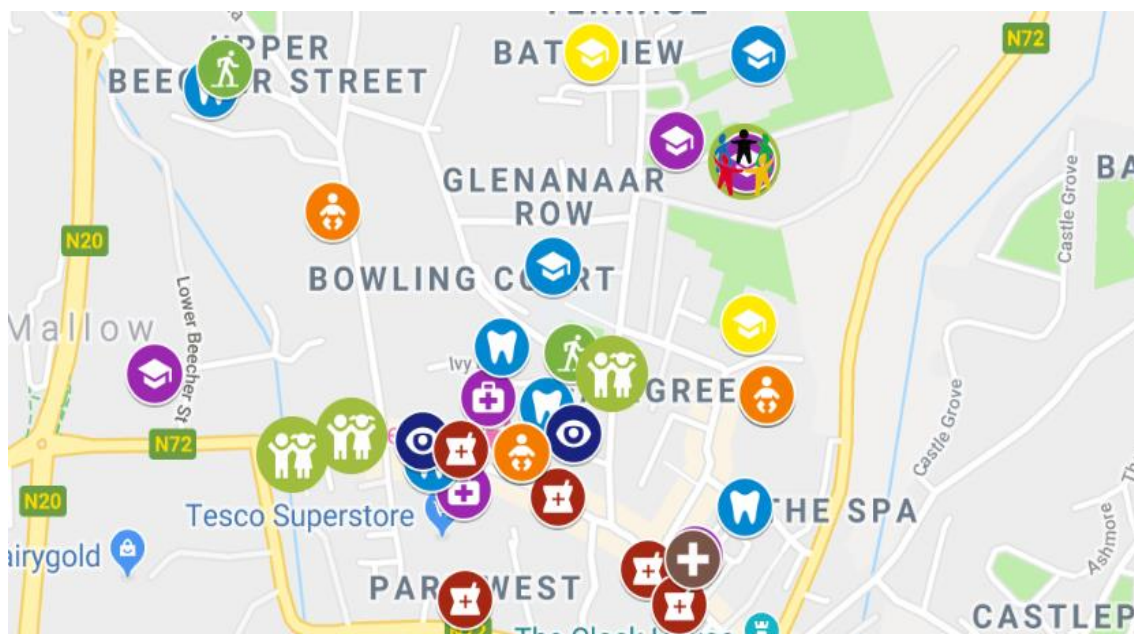
to unresponsive parenting which can negatively impact child development.<sup>31</sup> An example of a targeted health promotion initiative for disadvantaged areas could be a parenting course that emphasised stress management.

## 12. Interactive online directory

The profile is accompanied by an interactive online directory which maps out health related services, community organisations and others operating in Mallow. This allows practitioners and the public a better insight into what services are currently available in Mallow.

This interactive online directory in Mallow is available online at [www.mallowchp.com](http://www.mallowchp.com) and is divided into ten different areas of services and various subsections.

*Map 12.1: Mallow interactive online directory*



This map can be used by professionals to refer patients to other services. This map can be used by the public to find services in the area themselves. The map can also be used by professionals to enable collaboration and help avoid duplication of work.

Using the map in collaboration with the maps from the profile it is possible to identify possible gaps in service provision or potential improvements.

### **Health and related services**

The Mallow Primary Healthcare Centre is a centre for various health services including numerous G.P.s. The centre is located some distance outside of the town centre, which may pose an access issue for those who do not drive. It should be noted that despite the centralised MPHCC unit there are G.P.s and pharmacies in the town centre as well.

### **Mental health supports**

In Mallow there are various mental health supports available encompassing support meetings like Grow and Aware, low cost counselling services and the Community mental health team. These services are based in Le Cheile Family Resource centre and MPHC. Private counsellors operating in Mallow were not included in the Map.

### **Age friendly services**

Mallow and its surrounding areas are well served with age friendly services and social groups. The south side of the town has a number of small area divisions with high percentages of older people but has fewer age friendly services. Organising age friendly activities in Mallow's south side may meet an unmet need in the area.

### **Support groups**

There are support groups in Mallow for various different issues, such as bereavement, cancer, stroke, domestic abuse. The majority of these are located in the Mallow Community Campus on Fair Street where Le Cheile FRC, the Gilbert Centre and the Mercy Centre are located.

### **Addiction Services**

In Mallow there are two AA meetings, an Al-Anon meeting, a treatment centre and a community drugs team.

### **Early years, education and youth services**

Mallow has 13 parent and toddler groups and 13 early years services of which 10 are private and 3 are community services. Mallow has 6 primary schools, 3 secondary schools and 5 different further education opportunities.

### **Social support and community groups**

Mallow has numerous social groups which offer people an opportunity to create social connections which have numerous well-being benefits. These are spread throughout the town.

### **Disability, employment and housing services**

Mallow has 6 different services catering for people with disabilities, 4 different housing support services and 3 employment services.

### **Amenities**

Mallow has a selection of different parks, playgrounds and sport clubs throughout the town.

### **Miscellaneous**

This section of the map outlines other services of potential interest such as a supermarket location and more.

# 13. Conclusion

This profile of Mallow used various sources of data to highlight what the town's population looks like and what health needs exist in this diverse town. This profile also outlines the availability of services in Mallow.

This analysis conducted by the Mallow Community Health Project identified the following as target populations; one parent families, older people, non-Irish nationals. disadvantaged small areas, people with disabilities and youth in rural Mallow.

This are populations who for a variety of reasons may be at risk of poorer health outcomes than the general population and this may need additional support. Currently Mallow has a wide range of community, voluntary and statutory agencies working to serve the needs of the population and this includes supporting the aforementioned target populations. This profile merely highlights that these populations may benefit from continued targeted support.

The data in this profile can be used and interpreted by organisations working in the area to structure their work, identify areas of needs, effectively target populations in different areas and identify gaps in services.

***By working collaboratively, we can make Mallow a healthier place to live***





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