

Comisiynydd
**Cenedlaethau'r
Dyfodol**
Cymru

**Future
Generations**
Commissioner
for Wales

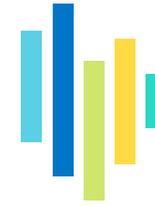
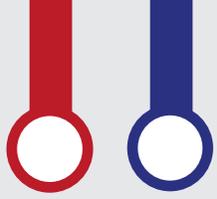


A Journey to

A Healthier Wales

- 1. A compassionate nation:** Support people to act with compassion, to facilitate understanding of mental well-being
- 2. An active nation:** Increase the benefits of physical activity for everyone
- 3. Place-making and designing-in community health and well-being:** Enable places to support the health and well-being of people and communities
- 4. Seamless, preventative organisations and services:** Ensure services support people to understand behaviours and choices that benefit future health





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In the Well-being of Future Generations Act,
this goal is defined as

“A society in which people’s physical and mental well-being is maximised and in which choices and behaviours that benefit future health are understood.”



Defining the goal

According to Public Health Wales, mental ill health costs society in Wales £7 billion a year.

Since the year 2010, life expectancy in Wales (and the UK as a whole) has started to decrease for the first time in decades. There is an 8-year gap in overall life expectancy and an 18-year gap in healthy life expectancy, between the least and the most deprived places in Wales. Preventative approaches, across all policies and sectors, will help us improve wellness and save lives.

A healthy society is not one that waits for people to become ill, but one that sees how health is shaped by social, cultural, political, economic, commercial and environmental factors, and acts on these determinants of health for current and future generations. The goal of a healthier Wales is about taking approaches that reflect the broader determinants of health in policy and investment decisions across all sectors.

Health is not something you either have or do not have. Rather, it is about different degrees of health on a continuum created in a process

where many resources, assets, strengths, as well as risks and illnesses, can play a part. As part of this, it is also important to reflect that significant Welsh Government investment goes into the NHS in Wales, so some emphasis has been placed on shifting the system.



Case studies

Throughout the document you will find a number of reports relating to the topic subject. Please read the link if you see this symbol.



Defining the goal

Where to focus action in contributing to this goal

Enabling understanding of choices and behaviours that benefit future mental health

[\(See Healthier Wales topic 1: A compassionate nation\)](#)

Enabling understanding of choices and behaviours that benefit future physical health

[\(See Healthier Wales topic 2: An active nation\)](#)

Ensuring that places maximise physical and mental health and well-being

[\(See Healthier Wales topic 3: Place-making and designing in community health and well-being\)](#)

Ensuring that services maximise physical and mental well-being

[\(See Healthier Wales topic 4: Seamless, preventative organisations and services\)](#)

Other statutory requirements in relation to this goal

Public Health (Wales) Act 2017 aims to address a number of specific public health concerns, and to create social conditions that are conducive to good health and where avoidable harms can be prevented. It places a duty on the Welsh Ministers to make regulations which require public bodies to carry out health impact assessments in specified circumstances. The Act is intended to sit alongside a broader suite of actions for improving public health (including other legislative action, public health services, programmes and campaigns).

Active Travel Act 2013 requires local authorities to map and continuously improve routes and facilities for “active travel” – defined as walking and cycling for a purpose, like accessing work or services, rather than for leisure.

Social Services and Well-being (Wales) Act 2014 imposes duties on local authorities, health boards and Welsh Ministers that require them to work to promote the well-being of those who need care and support, or carers who need support. The principles of the Act are: to support people who have care and support needs to achieve well-being; that people are at the heart of the new system by giving them an equal say in the support they receive; partnership and co-operation drives service delivery; and services will promote the prevention of escalating need and the right help is available at the right time.

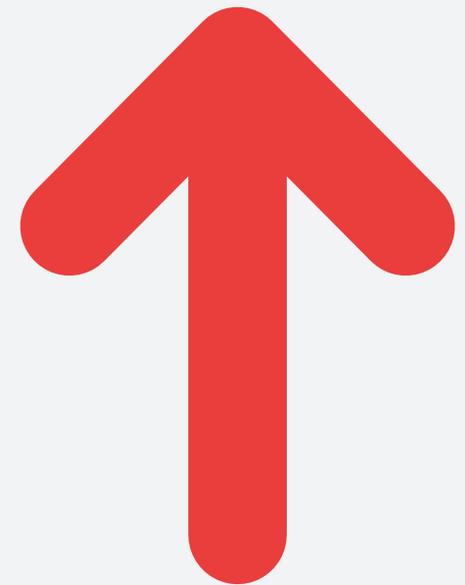


Some of the suggested steps and actions in this document complement the policies set out in legislation - specific steps and actions that adhere to these are highlighted in orange and with an 'St' symbol.

Enablers

Achieving this goal is **more likely to happen** when...

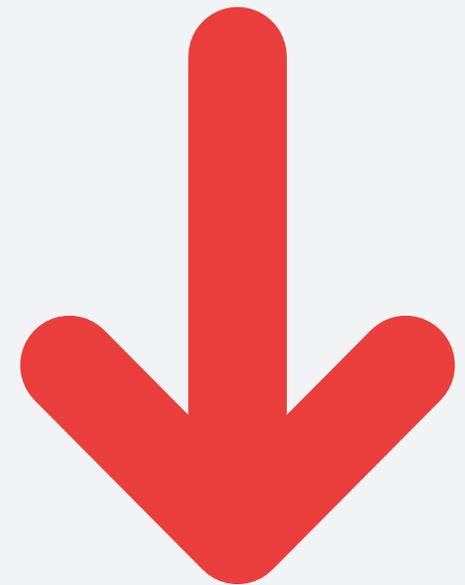
- **There is a shift in investment to a Wellness System, with integrated planning and investment.**
- **There is a focus on what matters to people.**
- **We have strong digital leadership and capability.**
- **There is shared responsibility across public services, and a shift to community-based models.**
- **Critical thinking and learning are commonplace.**



Disablers

Achieving this goal is **less likely to happen** when...

- **The narrative about a healthier Wales only focuses on the NHS, and health is not part of all policies.**
- **There is a lack of ambition and leadership, with reactive solutions prioritised.**
- **Bidding for services creates unnecessary competition rather than collaboration.**
- **There is a lack of understanding of the broader determinants of health.**
- **Third sector organisations' future is financially precarious.**





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2: An active nation

Increase the benefits of physical activity
for everyone

Defining the issue

Being active has a wide range of protective benefits for our health, and the consequences to the NHS of not addressing inactivity levels are all too clear – rising levels of obesity, type 2 diabetes, and reduced mobility.

Physically inactive individuals spend an average of 38% more days in hospital, make 5.5% more GP visits, access 13% more specialist services and 12% more nurse visits than an active individual. The European Commission's White Paper on Sport stated that 'as a tool for health enhancing physical activity, the sport movement has a greater influence than any other social movement'.

Sport and physical activity can play a major role in lowering the risk of cardiovascular disease, certain cancers, type 2 diabetes and obesity. Young people who participate in organised sports are less likely to smoke cigarettes and use illicit drugs. Furthermore, evidence indicates that sports participants are more likely to engage in healthy nutritional practices such as the consumption of fruit and vegetables. Adults who participate in daily physical activity have a 20-30% lower risk of developing depression and for existing sufferers, physical activity is an effective means of reducing symptoms.

Synergies and connections to other journeys



Journey to a Wales of Cohesive Communities

Topic 1: People active in their communities



Making **Simple** Changes

Inform parents about the importance of quality movement experiences in very early childhood.

Eg

E.g. **Sport Wales'** [Physical Literacy Journey](#).

When engaging people in sport, consider their motivations, their confidence, their awareness of opportunities, their resources, and the experience they want. By doing this, there is an increased likelihood of people being and staying involved in sport.

Eg

E.g. **Sport Wales'** [Elements of Engagement](#).

Eg

E.g. **Aneurin Bevan UHB** '[More women, more active, more often](#)'.

HOME

Give space and time in the work day for staff to be physically active.

Eg

E.g. **Sport Wales**.

Provide lockers for your staff, to give them somewhere to store clothes and equipment within the workplace.

Consider developing a Cycle to Work salary sacrifice scheme.

E.g. [Hear from Toby about how cycling to work changed his life](#).

Invest in pool bikes and/or promote bike share schemes for your staff to use.

E.g. **NextBike**, Cardiff.

Remunerate for active travel whilst on business. This is an explicit way of financially valuing active travel – its benefits to staff health and air quality.

Eg

E.g. **Office of the Future Generations Commissioner for Wales**.

Overcome one of the potential barriers to cycling to work, by providing safe spaces for staff to store their bicycles.

Eg

E.g. **Belfast Trust**.

Making **Simple** Changes



Consider the opportunities to support and develop local opportunities to be active.



E.g. [Sport Wales' Club Solutions website](#). This provides practical support and inspiration for sports clubs' volunteers – for those who are setting up a new club to those who want to grow their existing club.



E.g. [The North Wales Dragons](#)



Consider what you are doing to protect and improve green space, and other locations where people can be physically active.



Promote positive attitudes to outdoor play, especially play involving risk, and normalise outdoor play in informal community spaces.



E.g. [Street play](#).



Consider how you can help to ensure children have access to daily outdoor play.



E.g. Schools taking part in [the Daily Mile](#).



Encourage schools to consider options to make their school grounds available for free play after school and at weekends.

Being More Adventurous

Train staff to be able to work with children and parents to enable them to get children competent in their foundational movement skills.

Eg

E.g. [SKIP-Cymru](#).

Ensure all parents, guardians or grandparents are provided with opportunities to learn the knowledge of foundational movement skills, the skills themselves, and the feeling of movement.

Consider opportunities to enable more young people to participate in sports, to build resilience against mental illness (and help to address Adverse Childhood Experiences).

Eg

E.g. See **Public Health Wales** report '[Sources of resilience and their moderating relationships with harms from adverse childhood experiences](#).'

When working with schools, ensure that all teachers and support staff have appropriate professional learning in relation to the Health and Well-being Area of Learning and Experience within the [new Curriculum for Wales](#).

Provide people with the skills to reach their potential and achieve their goals.

Eg

E.g. [Natalie Powell's story](#) – mind, body, soul and judo.

Create experiences that are welcoming, fun and safe.

E.g. [Aberystwyth Basketball Club](#) This club offers something for anybody, with membership from 2 years to 90+, men, women and various disabilities. This club showcases how being involved in sport can bring a wealth of benefits to the variety of people it serves.

Support clubs to develop more family-based sporting activities that promote fitness for the whole family, not just children.

Being More Adventurous

Support communities to flourish by creating opportunities for everyone to join in.

Eg

E.g. **South Gower Multi-Sport Club** - is an innovative 'multi-sports' facility, supported through collaboration between FAW Trust and WRU. The club facility offers football, rugby, squash and table tennis, and sees both male and female membership from tots to elders.

Implement regular mass participation initiatives in public spaces, engaging entire communities, to provide free access to enjoyable and affordable, socially- and culturally-appropriate experiences of physical activity.

Eg

E.g. **Parkrun**. Here's a film showing how the **Parkrun at Tredegar House in Newport** has gone from strength to strength <https://youtu.be/qTnp7AnzrG8>

Protect and improve local green space.

Eg

E.g. **RTB Ebbw Vale Football Club** - improved pitch drainage, transforming the club's future, allowing more children and young people in the area to enjoy the game.

When working with schools, make school grounds available for free play after school and at weekends.

Implement a Cycle to Work salary sacrifice scheme.

Ensure that routine conversations with health and wider well-being practitioners also include the importance of physical activity.

Identify how opportunities for physical activity can be taken forward in the ways that well-being objectives are met.

Owning your **Ambition**

National or collaborative actions

Deliver a national community-based foundational movement skill programme to ensure motor development of all children in Wales.

Ensure sport is accessible, inclusive and affordable, and leaves no one behind.

Eg

E.g. [Cricket without Boundaries, Cardiff](#) is a programme offered in the Grangetown area of Cardiff to encourage people of numerous faiths and backgrounds to take part in sport. Sessions are worked around prayer times and religious calendars, with community leaders being used as sponsors for the sessions. Sessions continue through the winter to ensure engagement is not lost. This fantastic programme has been credited with supporting community cohesion and anti-social behaviour.

Eg

Ensure Wales is an active nation where everyone has a lifelong enjoyment of sport.

E.g. [Sport Wales' physical literacy campaign](#).

Eg

E.g. [Plascrug School, Aberystwyth 'Run, Jump, Learn'](#).

Ensure that local sporting activities are seamlessly part of the health and social care system.

Eg

E.g. [Disability Sport Wales and Betsi Cadwaladr University Health Board's Health Disability Sport Partnership](#).

Owning your **Ambition**

Conduct national and community-based campaigns to enhance awareness, understanding of, and appreciation for the social, economic and environmental co-benefits of physical activity.

Extend the school day to enable all pupils to take part in a broad range of physical activity, adventurous and creative movement.

Promote Wales to the world through our sporting excellence.

E.g. **Sport Wales'** We are Red campaign.

Wales Soft Power Barometer 2018. Wales was ranked second for sport behind Catalonia.

Develop and commit to a Healthy Travel Charter.

E.g. 14 public bodies in Cardiff have signed-up to a [Healthy Travel Charter](#) committing themselves to supporting and encouraging their staff and visitors to travel in a sustainable way to and from their sites.

Owning your **Ambition**

Organisational actions

If applicable, provide spaces for babies, toddlers and young children to move and play with a diverse range of equipment, and in nature if possible, along with information, training and support for parents.

Create and maintain environments that promote and safeguard the rights of all people, of all ages, to have equitable access to safe places and spaces in which to engage in regular physical activity.

Eg

E.g. **Children's Commissioner for Wales' ['A children's rights approach to education in Wales'](#)**.

HOME

Ensure that your staff understand the value and appreciation of the social, economic and environmental co-benefits of physical activity.

Eg

E.g. [Sport Wales' Value of Sport](#).

Other examples and resources



World Health Organisation,
[Global Action Plan on Physical Activity, 2018-2030](#)



[Vision for Sport in Wales](#)



Sport Wales,
[Health Evidence Paper;](#)
[Elements of Engagement;](#)
[Elements of Engagement Evidence Review.](#)



Public Health Wales,
[What is Physical Inactivity Costing NHS Wales?](#)



NHS, [Get Active Your Way](#)



Active Design Guidelines,
[Promoting Physical Activity and Health in Design.](#)



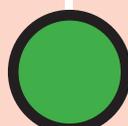
UK Children's Play Policy Forum,
[The Play Return: A review of the wider impact of play initiatives.](#)



Play Wales,
[Use of school grounds for playing out of teaching hours toolkit;](#)
[Playful Childhoods;](#)
[Play: health and well-being.](#)



Fields in Trust,
[Revaluing Parks and Green Spaces: measuring the economic and well-being value to individuals.](#)



Sustrans,
[Workplace Travel Planning;](#)
[The benefits of being a cycle-friendly employer.](#)