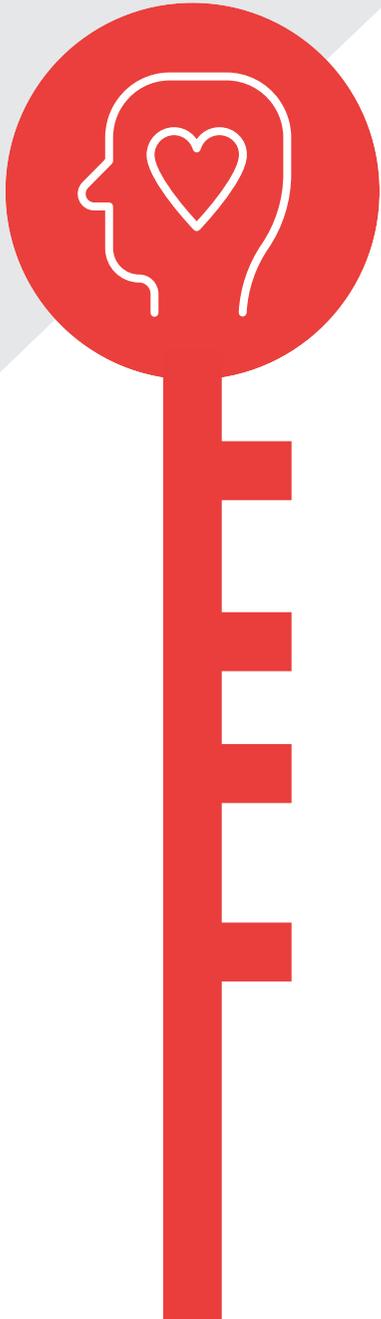


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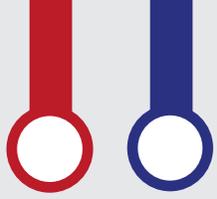


A Journey to

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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A Journey to

A Healthier Wales

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.

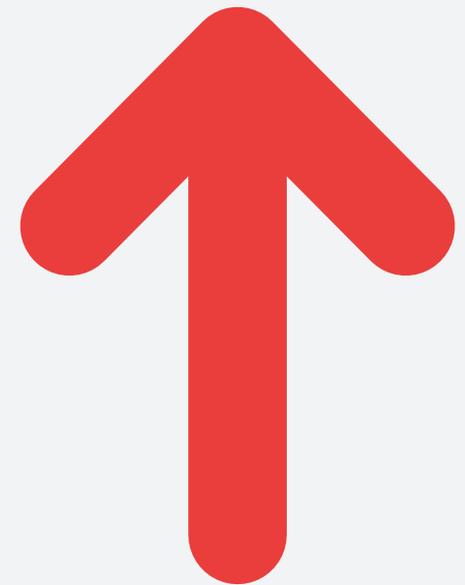


Some of the suggested steps and actions in this document complement the policies set out in legislation - specific steps and actions that adhere to these are highlighted in orange and with an 'St' symbol.

Enablers

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

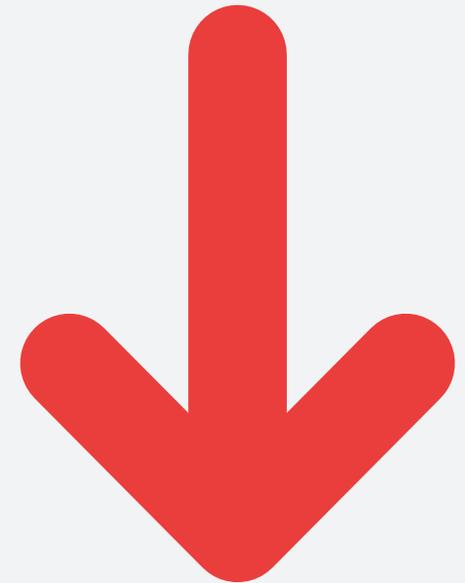
- **There is a shift in investment to a Wellness System, with integrated planning and investment.**
- **There is a focus on what matters to people.**
- **We have strong digital leadership and capability.**
- **There is shared responsibility across public services, and a shift to community-based models.**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

A Healthier Wales

3: Place-making and designing-in community health and well-being

Enable places to support the health and well-being
of people and communities

Defining the issue

Where you live and work defines and shapes your health and well-being.

The physical environment surrounds us, and in subtle and not so subtle ways, affects our health. The air that we breathe and our access to clean water have a direct impact on our health. Other factors affect our behaviours, influencing our choices about what to eat and drink, how much physical activity we do and how easy it is to be with friends. Planning can ensure that making the healthy choice is the easiest option, but for this

to happen, health needs to be an intrinsic, central consideration in the planning process. Ultimately, it needs to be acknowledged that people must be at the centre.

Recent critical research has highlighted that organisations who consciously strive to improve staff well-being and engagement, improve their quality of life and reduce the cost of healthcare and absence to an organisation.

Synergies and connections to other journeys



Journey to a Wales of Vibrant Culture and Thriving Welsh Language

Topic 3: Culture as a mechanism for change



Journey to a Resilient Wales

Topic 2: Natural green space



Making **Simple** Changes

Consider health up-front by undertaking a Health Impact Assessment, which is a combination of methods to consider the health impacts of policies, programmes and projects.

Consider working through the [Corporate Health Standard](#).

Encourage schools, colleges and universities to take a healthy settings approach.

Eg E.g. [Welsh Network of Healthy School Schemes](#)

Review your policies to ensure you're optimising opportunities to improve your staff's health and well-being.

Have a flexible working policy. Increasing control and choice has a positive effect on health outcomes.

Eg E.g. [Monmouthshire County Council](#)

Provide time for staff to attend appointments relating to their health and well-being.

Provide your staff with [vaccination against flu](#). This will help to keep people well and save money and inadvertent sick day costs.

Encourage your staff to take breaks and eat away from their desk. This will increase creativity, innovation and productivity, and deepen relationships by people getting to know each other informally.

Encourage walking and standing meetings, where appropriate. Walking meetings are more creative; are better for your health; improve staffs' energy and engagement; are better for communication; outdoors make staff happier; and are sharper and more focused.

Install clear signs to direct people to prioritise the use of stairs.

Provide and promote access to mains water refuelling stations free of charge to enable people to stay hydrated.

Making **Simple** Changes

Only sell [healthy food in your staff restaurants, catering facilities and services](#). A well-balanced diet provides enough energy to stay active throughout the day, maintains a healthy weight, improves mood, and reduces the risk of developing diseases.

Establish food procurement policies that purchase supplies locally, reducing overall transport impact.

E.g. As part of [Monmouthshire County Council's](#) desire to become plastic-free and reduce their carbon footprint, all schools receive their milk in glass bottles from a local dairy.

Nominate staff to champion action on health.

E.g. [Admiral Insurance](#).

Consider supporting the communities you work with to redesign their streets to improve their health and well-being.

E.g. [Community-led street design, Parc y Rhos, Bridgend](#)

Encourage the communities you work with to advertise the opportunities that they provide to local people e.g. groups, clubs.

Being More **Adventurous**

Achieve Bronze, Silver and/ or Gold level of the [Corporate Health Standard](#).

E.g. [Admiral](#).

On stairways, use imaginative design to encourage people to take the stairs, such as vivid colours, artwork and music.

E.g. The Teaching Center in Vienna, Austria and the Gates Foundation Headquarters, Seattle, USA.

Provide natural lighting and good ventilation within your buildings.

Eg

Provide space for growing food on-site (workplaces and schools) through community gardens, edible landscaping, or a small-scale farm.

Eg

E.g. [Diageo promotes staff well-being with Grow it Yourself Garden](#).

Partner with local community organisations that offer gardening or farming expertise –consider how this approach could be used in the provision of school meals and free breakfasts.

Facilitate the delivery of fresh produce baskets directly from farmers or farmers' markets to office buildings and multi-family settings.

Eg

Host a farmers' market in your community, particularly in neighbourhoods where demand for healthy foods is not met.

Eg

E.g. Several examples are referenced in Project for Public Spaces' [Farmers Markets as a Strategy to Improve Access to Healthy Food for Low-Income Families and Communities](#).

Install mains drinking fountains in parks, playgrounds and public spaces free of charge to enable people to stay hydrated.

E.g. [Nasoni, Rome](#).

Being More **Adventurous**

Support the communities you work with to redesign their streets to improve their health and well-being.

Eg

E.g. [Community-led street design, Parc y Rhos, Bridgend.](#)

Develop and support the capacity of communities to create a stronger resilience within people.

Eg

E.g. [Kindness Matters Cardiff.](#)

Provide bike racks, street lights, public art, benches, trees and bus shelters to turn pavements into more appealing spaces.

Eg

E.g. [Denbigh Town Castle link scheme.](#)

HOME

Reduce the amount of land devoted to parking to increase space for other pedestrian-oriented uses and activities.

Many examples can be found in the Urban Land Institute's publication, [Building for Wellness.](#)

Build pavements in all new residential communities to encourage walking and to help keep pedestrians safe.

Many examples can be found in the Urban Land Institute's publication, [Building for Wellness.](#)

Support the provision of affordable, energy efficient homes to a Passivhaus standard (providing high standards of occupant comfort and health as well as reducing energy use and carbon emissions).

Eg

E.g. [Swansea Council.](#)

Adapt homes so that people can live safely.

Eg

E.g. [Care and Repair Cymru's Healthy Homes for Older People.](#)

When working with schools, encourage them to consider the value to pupil well-being when making decisions on the planning and length of the school day, including play times, lunch times and homework scheduling.

Owning your **Ambition**

National or collaborative actions

Involve individuals, groups and communities in designing and delivering interventions that encourage access to and use of the food retail and growing environment.

Provide universal free school meals.

Lower the national speed limit in residential areas to 20mph.

Legislate for a Clean Air Act.

Adopt the World Health Organisation's thresholds for all health-harmful pollutants, not just nitrogen dioxide - <https://www.bhf.org.uk/what-we-do/influencing-change/air-pollution>

Universal [provision of early education centres that integrate education, child care, parenting support and health services.](#)

Doing so effectively will reduce inequality, increase well-being and enhance economic productivity.

Take a ['health first' approach to tackling health-related worklessness.](#) This employs a focus on improving and managing the ill health of those out of work, first and foremost, before addressing any employability issues. This would help to address socio-economic and geographical health inequalities.

Organisational actions

Achieve Platinum level of the [Corporate Health Standard](#), or alternative Healthy Settings initiative.

Embed Health Impact Assessments into your policy and major programme developments, and act on them.

Place [public health and the need to address inequalities in health at the centre of your employment practices](#), including the labour market conditions of those delivering the services you commission.

Owning your **Ambition**

Prioritise design and planning to create health-promoting environments. This could involve meeting [BREEAM UK's New Construction, Non-domestic Buildings \(Wales\)](#) health and well-being category.

Planning Authorities:

New developments should include a diverse mix of housing using local materials and craftsmanship.

Eg

E.g. [Nansledan, Devon](#)

Prioritise the pedestrian over motorised transport by, for example, making use of a variety of methods to reduce and control traffic speed (signage, road materials, design, layout, shared surfaces). Many examples can be found in the Urban Land Institute's publication, [Building for Wellness](#).

Provide a network of cycle ways and cycle paths that are safely separated from motorised traffic.

Eg

E.g. [Seville](#)

Other examples and resources



British Academy,

[If you could do one thing... nine local actions to reduce health inequalities.](#)



Public Health Wales,

[Creating Healthier Places and Spaces for our Present and Future Generations.](#)



Public Health England,

[Spatial planning for health. An evidence resource for planning and designing healthier places.](#)



The Marmot Review:

[implications for spatial planning.](#)



Healthy Working Wales,

[Health at work guidance.](#)



Urban Land Institute,

[Ten Principles for Building Healthy Places, Building Healthy Places Toolkit.](#)



Sustrans,

[Why streets matter; 13 things you can do with your community to improve your street.](#)



The Campaign for Small Acts of Neighbourliness,

[Age friendly streets.](#)



Town and Country Planning Association,

[Planning healthy-weight environments - a TCPA reuniting health with planning project;](#)

[Better Health and Well-being in Wales;](#)



[Practical Guides – Guide 8: creating health promoting environments.](#)



Active Design Guidelines,

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



Healthy Spaces and Places,

[Design Principles: Mixed Land Use \(Australia\).](#)