

Healthy Weight: Healthy Wales

Youth and community version



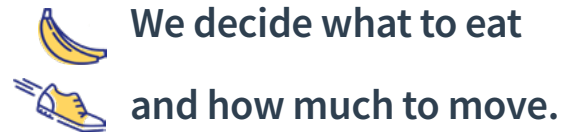
Llywodraeth Cymru
Welsh Government



Introduction

The Welsh Government want everyone in Wales to be a healthy weight. We want people to eat healthy food and be active.

We all make decisions every day.



There are lots of things that effect the choices we make. Being a healthy weight is about making the right choices. But, lots of people in Wales don't.



We have some ideas about how to help people make the right choices.

We want to know what you think – what matters to you?



Lots of people use food to enjoy family times, celebrate birthdays, weddings and other things.



93% of 11-18 year olds **only eat 1** of their 5 portions of fruit and veg a day.

1 in 4

28% of 4-5 year olds are obese.



Some people eat to make themselves feel better.

Do you know?

When your body carries extra weight, it can cause lots of problems:

- health problems like heart disease, stroke, type 2 diabetes or even death
- mental health problems like low self-esteem, anxiety and depression.

It also means care services and health services have to work harder to support people. This costs lots of money.



If nothing changes
by 2050
the NHS will spend
£465 million
each year helping
obese people.
That's a lot!



60% of adults
are overweight or obese.



88% of people in
Wales think that schools
should teach pupils
about living a healthy
life.

80%

of people in Wales
think healthy foods
should cost less and
unhealthy foods a
little more.



Only
14-17%
of 11-16 year
olds are active
for more than 60
minutes a day.

Leadership and enabling change

We want good leaders and managers across all services. They must understand the part they play in supporting people.

There should be support for real change in people's lives.

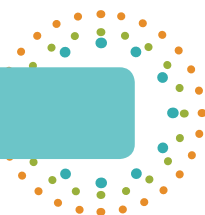
We want:

- all services to work together and deliver this Healthy Weight: Healthy Wales plan
- all policies and plans to work together to reach our health goals
- Public Service Boards to work with others to meet local needs
- everyone to follow the Wellbeing of Future Generations (Wales) Act 2015 – it sets out how to work together.

All long-term plans must have ways to step in early and stop issues getting worse.

We want:

- services to focus on stopping people becoming overweight
- organisations to work together to identify and choose the most important things to change
- resources to be put where they're needed most
- leaders in Public Health Wales to set out plans for their local areas
- services to use evidence of what works and learn from each other.



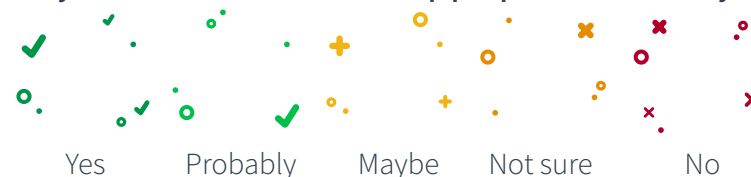
Activities and programmes that support healthy weight should be checked. If they work well, they should be used to help more people.

We want:

- to look at how much difference community programmes, like cooking skills projects make in people's lives
- to explore ways to use these in other communities.

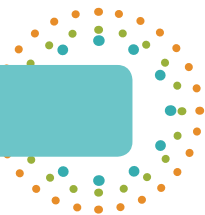
What matters to you?

Do you think these ideas will help people have a healthy weight?



Healthy environments

We want all surroundings in daily life to help people make healthy choices.



There should be more healthy food and drink options.

We want:

- less sugar, salt and fat in food
- to support Welsh food businesses to use healthy recipes.

The food industry should do more to support healthy choices.

We want:

- them to advertise and promote healthy food more often
- to stop TV advertising unhealthy food before 9pm
- the UK Government to limit how much people advertise unhealthy foods
- to stop companies advertising unhealthy foods in train stations, sporting events and other places in Wales.

There should be more special offers and promotions for healthy food and less for unhealthy food.

We want:

- rules on how many special offers companies can promote for unhealthy food
- the food industry to do more to help people buy healthy food.

Restaurants, cafes and takeaways should be healthier places to eat.

We want:

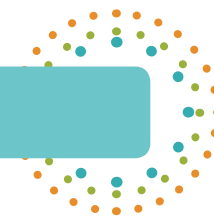
- people to have more information about what they're eating
- new laws so all food shows calories.

There's too much sugar and calories in some drinks.

We want:

- more people to drink tap water
- limits on the number of soft drink refills in restaurants
- to stop energy drinks being sold to children under 16.





Health and wellbeing is linked to people's surroundings and where they live.

We want:

- local authorities, health boards and Public Health Wales to be involved more in planning
- Public Health Wales to develop resources to support local action and make sure plans support healthy lifestyles
- communities to take part in local planning.

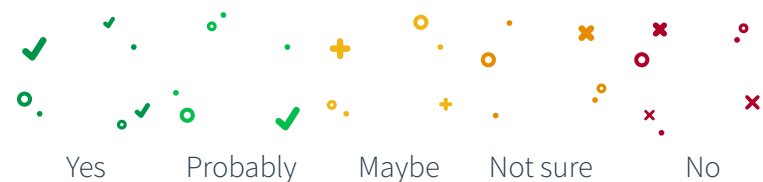
People should have more opportunities to be active.

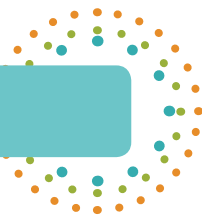
We want:

- more cycle paths and footpaths
- to invest in open green spaces, play parks and sports parks
- to make it easier for people to get to and use the countryside
- loans and grants for communities to build sports facilities and parks
- local authorities to ask communities what they need
- to use laws like The Active Travel (Wales) Act 2013 to help people be more active.

What matters to you?

Do you think these ideas will help people have a healthy weight?





Healthy settings

We want the places people visit to help them make better choices.

All childcare should give children healthy food and help them be active.

We want:

- settings to teach children about healthy eating and being active
- new rules for food in childcare places.

Schools should help pupils have a healthy lifestyle.

We want:

- schools to teach pupils about being a healthy weight
- specific times for physical activity each day in primary schools
- more schools doing the Daily Mile
- more safe routes for cycling and walking to school
- pupils to have a say in making their schools healthier
- to fund the School Holiday Enrichment Programme to help pupils get healthy food and be active.

Colleges and universities should have more healthy food and help students be active.

We want:

- healthy food and drink options in canteens and vending machines
- to use the Healthy Colleges and Universities Framework.

Workplaces should support staff to eat healthy food and be active.

We want:

- to use the Healthy Working Wales programme to help businesses do more and support staff health.

The NHS should set the example to everyone.

We want:

- the NHS to have healthy food and drink options
- hospital shops to sell healthier food.

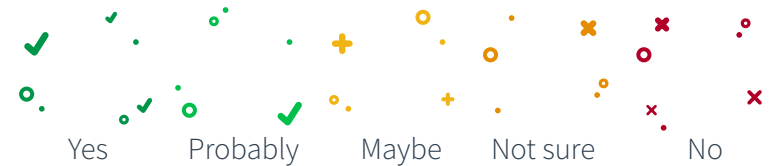
Everywhere that is managed and run by a Local Authority should help people make healthy choices.

We want:

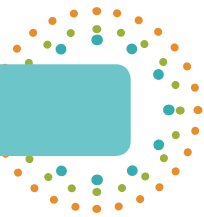
- to work with them so their money is spent on healthy choices.

What matters to you?

Do you think these ideas will help people have a healthy weight?



Healthy people



We want people to be their healthy weight and have healthy lives.

Everyone should be able to make good food choices and be active.

We want:

- Public Health Wales to find out why people don't make healthy choices and aren't active
- to use this information to support people better.

All health and care service staff should have the skills to talk to people about their weight.

We want:

- all health and care staff to have the right training.

All children should have the best start to life.

We want:

- families who need the most support, to get it
- more early years support
- to support mothers who are overweight or obese to get healthy
- to use the Flying Start programme to help families
- to follow the All Wales Breastfeeding Action Plan
- to support families on lower incomes more.

All children should start school at a healthy weight and stay healthy as teens.

We want:

- the Children and Families Programme to work with schools that need it the most.

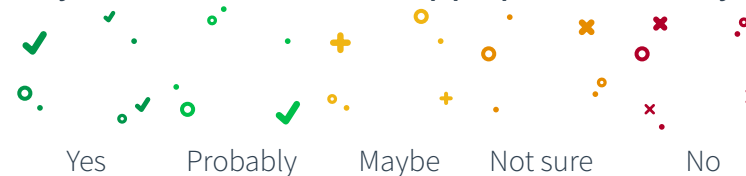
People who are overweight or obese should be able to get the information and support they need to become healthy.

We want:

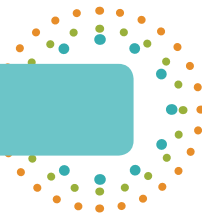
- to work with local health boards and other services
- to look at the support services we have
- people to get the right support, in the right way, at the right time
- to improve the support for very obese people.

? What matters to you?

Do you think these ideas will help people have a healthy weight?



Thanks for reading this:



We want this Healthy Weight: Healthy Wales plan to work.

So, is there anything else you want to tell us about this plan?



Please send your answers to:

 HealthyWeightHealthyWales@gov.wales

Healthy and Active Branch
Welsh Government,
Cathays Park 2,
Cardiff,
CF10 3NQ



By 12th April 2019