Easy Read

Llywodraeth Cymru
Welsh Government

Iechyd Da – Good Health

A new plan for public health in Wales

Tell us what you think



December 2026

How to use this document

This is an Easy Read version of: **Iechyd Da: a new Public Health Strategy and Framework for Wales.**



You may need support to read it. Ask someone you know to help you.

Llywodraeth Cymru
Welsh Government

Where the document says **we**, this means **Welsh Government.** For more information contact:

Website: gov.wales/public-health-strategy-wales-call-evidence

Email: WalesPublicHealthStrategy@gov.wales

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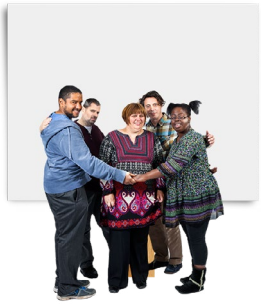
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About you 26

About our new plan



We are the Welsh Government. We are making a new plan to improve **public health** in Wales. The plan is called **Iechyd Da.**



Public health means working together to improve everyone's health. This includes:

- Keeping people safe from illness.
- Helping people live healthier lives.



We want our new plan to make a real difference across Wales.

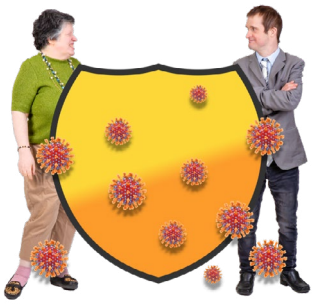


Our aim is better health and wellbeing for everyone.

About public health



Public health includes working together to:



- Keep people safe from new diseases.



- Stop illnesses like diabetes, cancer, and heart disease.



- Improve health and **wellbeing**. **Wellbeing** means being healthy, happy, comfortable, and having a good life.



- Help people feel less lonely and connect with others.



- Make healthy lives easier for everyone.

Working together to impove health



Many different people and organisations need to work together. This includes:

- Charities and voluntary organisations.
- Health services, like the NHS.
- Local councils.
- Communities and local groups.
- People and families.



We need good plans and joined up working.



We also need to work together on things in everyday life that can affect our health, like:

- Our homes and where we live.
- Education and chances to learn
- Jobs and employment.
- Transport and getting around.
- Planning and the places where we live.
- Food and access to healthy food.
- Climate and nature.
- The economy and how money affects people's lives.



We want our new plan to connect all these things. This will help everyone work towards the same health goals.

Why we are making this plan



Everyone in Wales should have the chance to live a long and healthy life.



There are still big differences in people's health.



We need to do more and make it easier for everyone to be healthy.



There are 3 main problems we need to deal with.



1. **People get ill when this could have been stopped**



For example, smoking and **obesity** cause bad health problems. This could be avoided.



Obesity means having a body weight that can harm your health.



Smoking and **obesity** can make people more likely to get illnesses like diabetes, heart disease, and cancer.



2. Unfair differences in health



There are still big differences in how healthy people are. It is harder for some people to be healthy.



For example, people in poorer areas get long-term health conditions at a younger age.



3. People's health needs and risks are changing



For example, people are living longer and getting older. This changes the support people need.



Climate change brings health risks too.



Climate change is big changes in wheather that causes things like floods, fires, and heatwaves in the places we live.



These things often affect people who are already most at risk.

Tell us what matters to you



We want to understand what matters most to you.



We want to know what works, and what needs to change.



We want to learn from your personal experience.

We want to know what you think about:



- The main things that help you stay healthy.



- Things that make it harder for you to stay healthy.



- If health services meet your needs.



- Changes that would help people have better health.



- How we can change the unfair differences in health.

How to tell us what you think



Please send us your answers by **26 February 2027**.



Answer the questions in this document. You can send your answers to us by email or post.



Email: WalesPublicHealthStrategy@gov.wales



Print and post:

Consultation: WG55335
Healthy Futures Division
Public Health Directorate
Welsh Government
Cathays Park
Cardiff
CF10 3NQ

Questions



You do not need to answer all the questions. Answer the ones you have views about.



Write about what you know and your experiences. There are no right or wrong answers.



Question 1. What matters things make the biggest difference to your health?

You can think about things like:



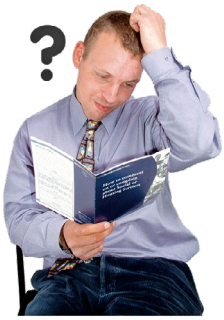
- Health conditions or issues that you need more support with.



- Things that make it harder for you or people you know to stay healthy.



- What would help you have better health.



- Unfair differences, like living in an area with fewer services. Not knowing about what support you can get. Or finding it hard to go to **screening**.



Screening means checks for signs of a health condition.



Please write your views in the box below.



Question 2. What are the most important things we should do to help you and others stay healthy?

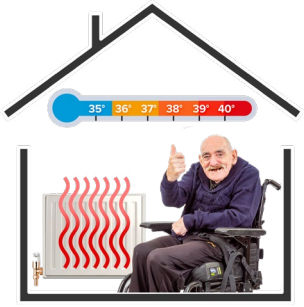
You can think about things like:



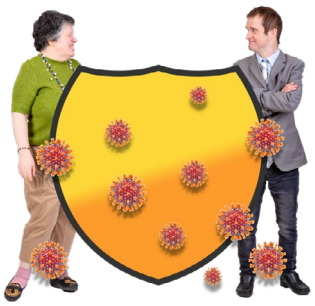
- Ways to help people stop smoking, drink less alcohol and stay a healthy weight.



- Good services that you find helpful. Or things we can do to improve the services we have.



- Floods and wildfires, and other risks of climate change. And how we could protect people better in very cold weather or heatwaves.



- Ways to protect people from illness better.



Please write your views in the box below.



Question 3. What could help organisations and communities work together to improve your health?

You can think about things like:



- Community activities and services that help people before they get ill. For example, a community centre where people can go to stay warm and meet people.



- Information and skills that services need to support you better.



- What would help you find and trust information about staying healthy.



- Things that make it hard to find help and support.



Please write your views in the box below.



Question 4. What changes would show that our plan is working and helping you?

You can think about things like:



- What would being healthy look like to you.



- What services or support would you have that made the biggest difference to you.



- Better support closer to where you live.



- Ways we could check if people's health is getting better.



Please write your views in the box below.

More information



If you need this information in a different format, like Braille or Large print, please contact us:



Address: Healthy Futures Division
Welsh Government
Cathays Park
Cardiff
CF10 3NQ



Email: WalesPublicHealthStrategy@gov.wales

Cymraeg

You can get this information in Welsh.



To find out how we keep your personal information safe and private, please read: How we use your information: UK GDPR.

About you



There are some extra questions about you that you can answer. You do not have to answer these questions if you do not want to.



They are questions about things like your age, where you are from, and disability.



The answers will help us understand:

- Who is taking part.

- If we need to do more work to hear from people who are not included.



You can find the **About you** questions on our website: gov.wales/public-health-strategy-wales-call-evidence



Please email your answers together.

Extra answer boxes

Hawdd ei Ddeall Cymru
Easy Read Wales

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