

# A brief introduction to WSA

## Cyflwyniad byr i DSC



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board

- Cefndir a chyd-destun
- Dull Systemau Cyfan
- Gwaith hyd yma
- Y camau nesaf
- Background and context
- Whole Systems Approach
- Work to date
- Next steps

# Cefndir a chyd-destun Background and context



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board

## Strategaeth genedlaethol

Healthy Weight:  
Healthy Wales

Uywodraeth Cymru  
Welsh Government

Our long term strategy  
to prevent and reduce  
obesity in Wales



## National strategy

Pwysau Iach:  
Cymru Iach

Symud ymlaen yn  
2022 - 2024

Uywodraeth Cymru  
Welsh Government

Cymryd  
ein Camau  
Nesaf

# A Whole Systems Approach to healthy weight

## Dull Systemau Cyfan i bwysau iach

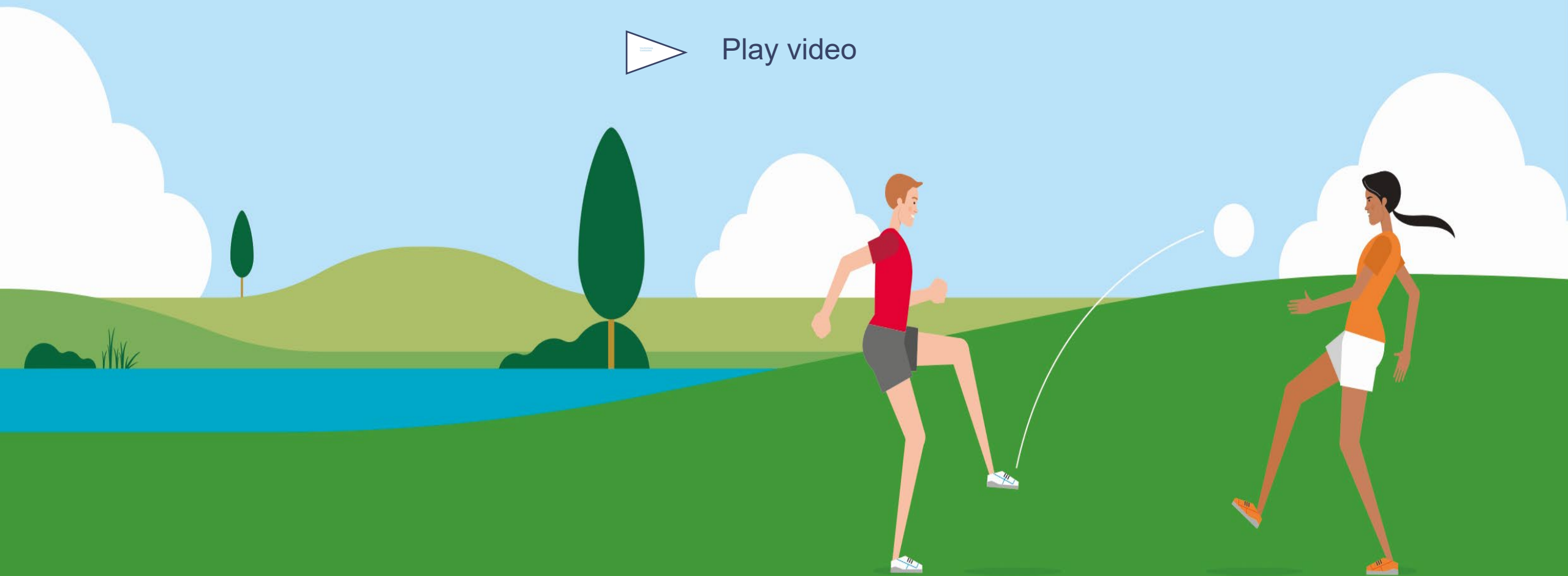


GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board



Play video

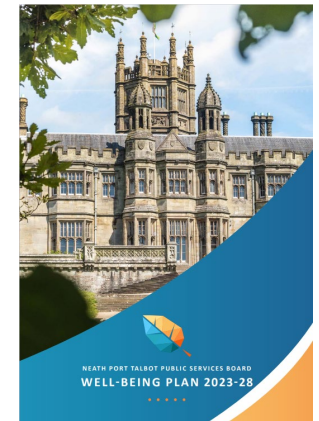


# Amgylched strategaeth rhanbarthol Regional strategy environment



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board



A Healthier Mid and West Wales  
Our Future Generations Living Well



Bwrdd Partneriaeth  
Rhanbarthol  
Gorllewin Cymru  
  
West Wales  
Regional Partnership  
Board



Partneriaeth  
Ranbarthol  
Gorllewin  
Morgannwg  
  
West  
Glamorgan  
Regional  
Partnership

# Yr ymagwedd

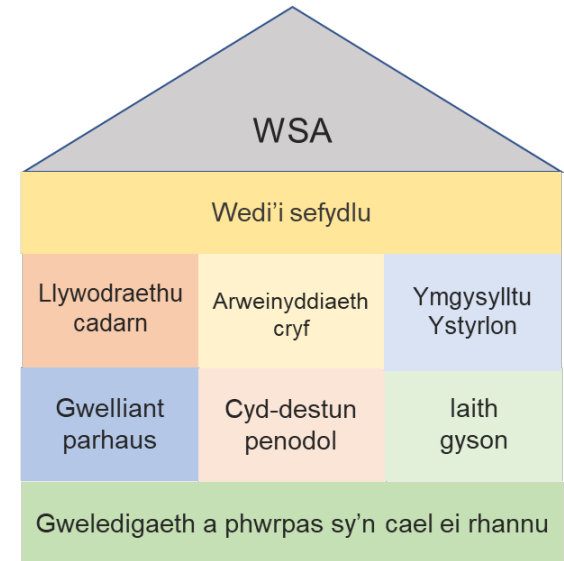
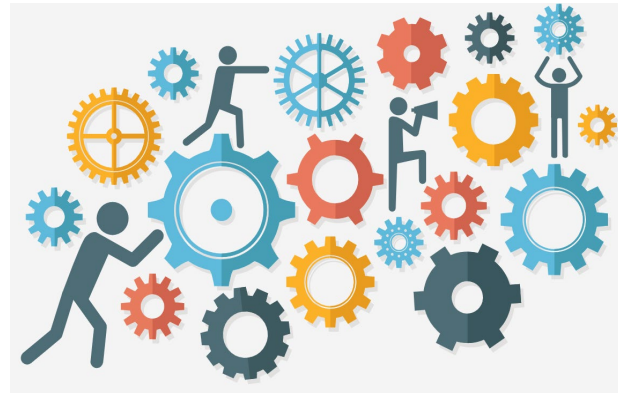
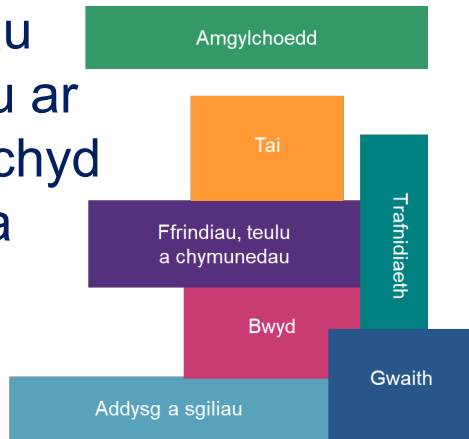


GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board



Y blociau  
adeiladu ar  
gyfer iechyd  
a lles da



# The approach

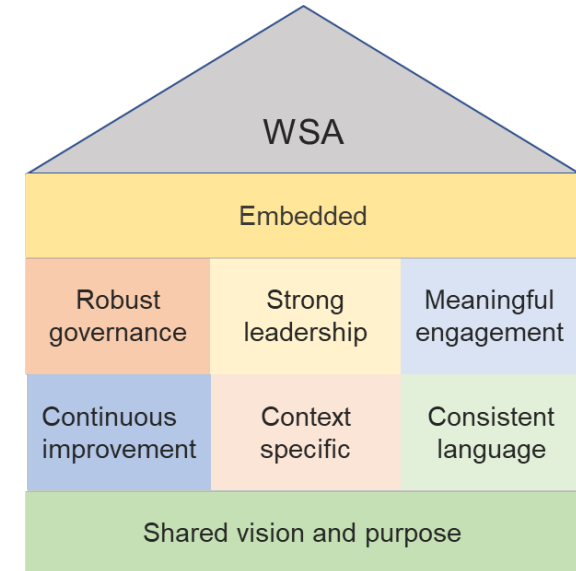
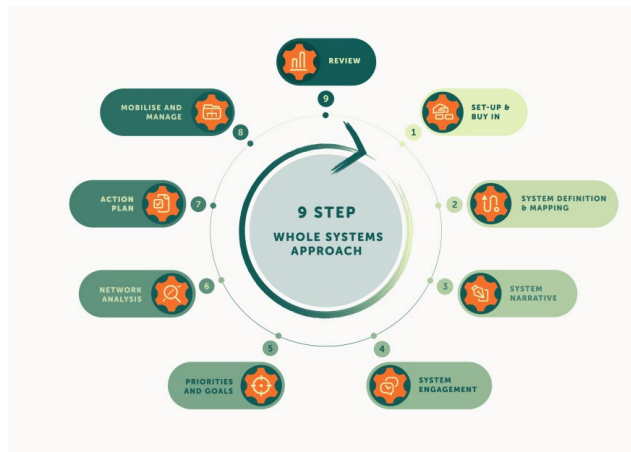
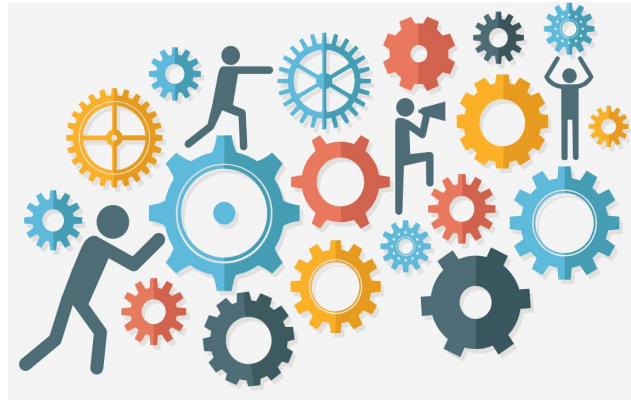


GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board

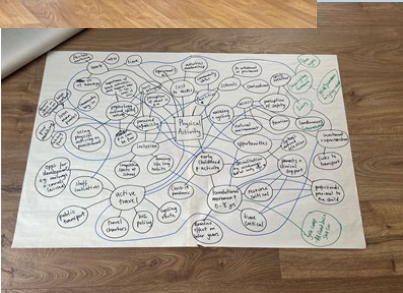


The building blocks for good Health and wellbeing

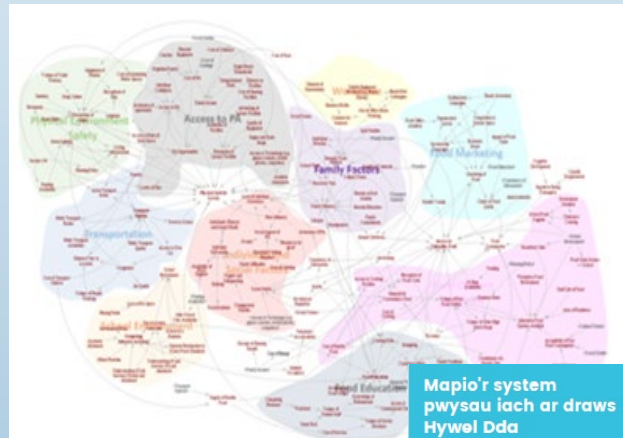


# Gwaith hyd yma Work to date

## Gweithdai mapio Mapping Workshops



## Rhwng y gweithdai Between workshops



Mapio'r system  
pwysau iach ar draws  
Hywel Dda

Adroddiad Cryno  
Medi 2023

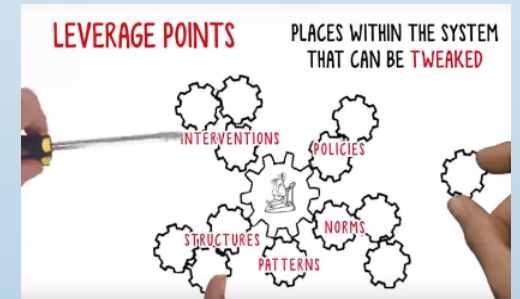


Mapping the healthy  
weight system across  
Hywel Dda

Summary Report  
September 2023

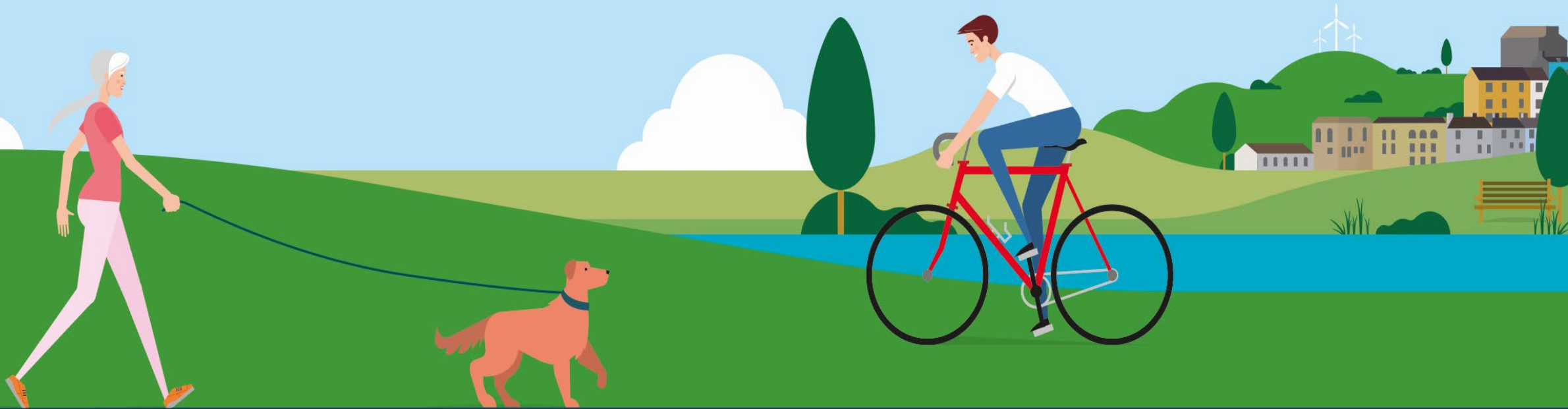


## Gweithdy nesaf Next workshop





Rydym am i'n cenedlaethau presennol a'r dyfodol chwarae, byw, gweithio a thyfu'n hŷn mewn amgylchedd lleol sy'n creu ac yn hyrwyddo iechyd a lles da. Lle waeth fo'u hoedran, cefndir, amgylchiadau neu lle meant yn byw, mae gan bawb y modd, y cyfleoedd a'r gefnogaeth i fod yn bwysau iach. Byddwn ni'n cyflawni hyn trwy weithredu ar y cyd, sicrhau'r gorau o asedau ar draws y system gyfan er budd unigolion, yr hinsawdd a chynaliadwyedd.



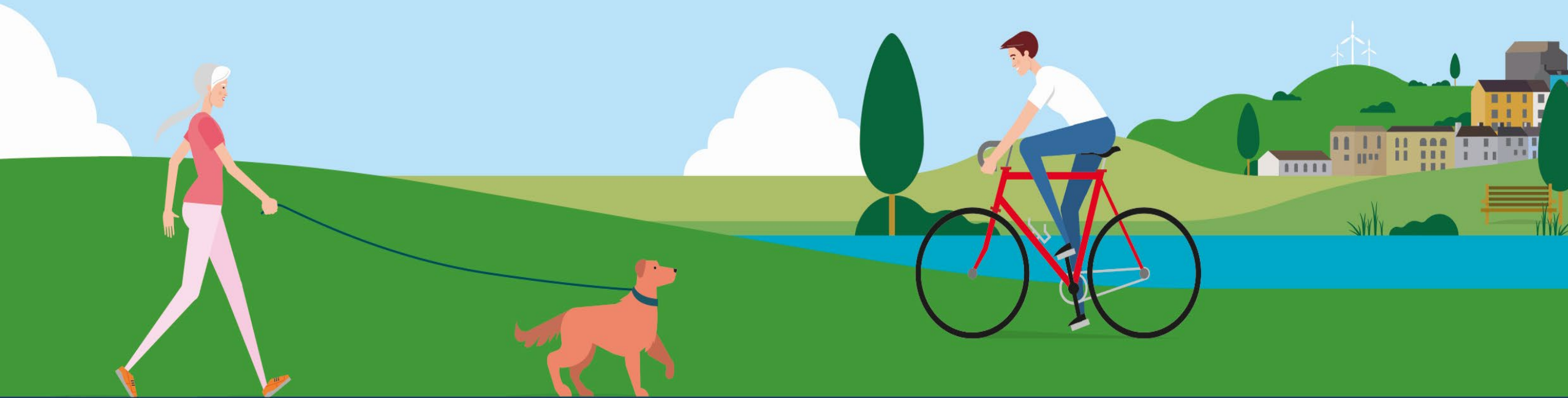
# Statement of intent



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board

We want our current and future generations to play, live, work and grow older in a local environment that creates and promotes good health and wellbeing. Where regardless of age, background, circumstances or where they live, everyone has the means, opportunities and support to be a healthy weight. We will achieve this through collective action, maximising assets across the whole system to the benefit of individuals, the climate and sustainability.



Rhannu'r mapiau ac allbynnau'r gwaith hyd yma yn eang, gyda phartneriaid a chymunedau.



Cwblhau'r broses recriwtio i dîm gweithredu rhanbarthol y WSA.



Dewch â chymaint o sefydliadau a phobl â phosibl at ei gilydd mewn ail weithdy i adolygu'r mapiau system yn fanwl ac i nodi 'rhestr fer' o **feysydd is-systemau lleol** y gallem fod am ganolbwyntio arnynt.

Cytuno ar un neu ddwy o is-systemau blaenoriaeth a fydd yn ffocws i waith cydweithredol ar draws ardal BIPBA dros y ddwy flynedd nesaf a thu hwnt.

# The next steps



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board

The **next steps** are to:

Share the maps and outputs of the work to date widely, with partners and communities.



Complete recruitment to the regional WSA Implementation team.



Bring as many organisations and people as possible together in a second workshop to review the system maps in detail and to identify a 'short-list' of **local sub-system areas** that we may want to focus on.

Agree one or two priority sub-systems that will become the focus of collaborative work across the SBUHB area over the next two years and beyond.

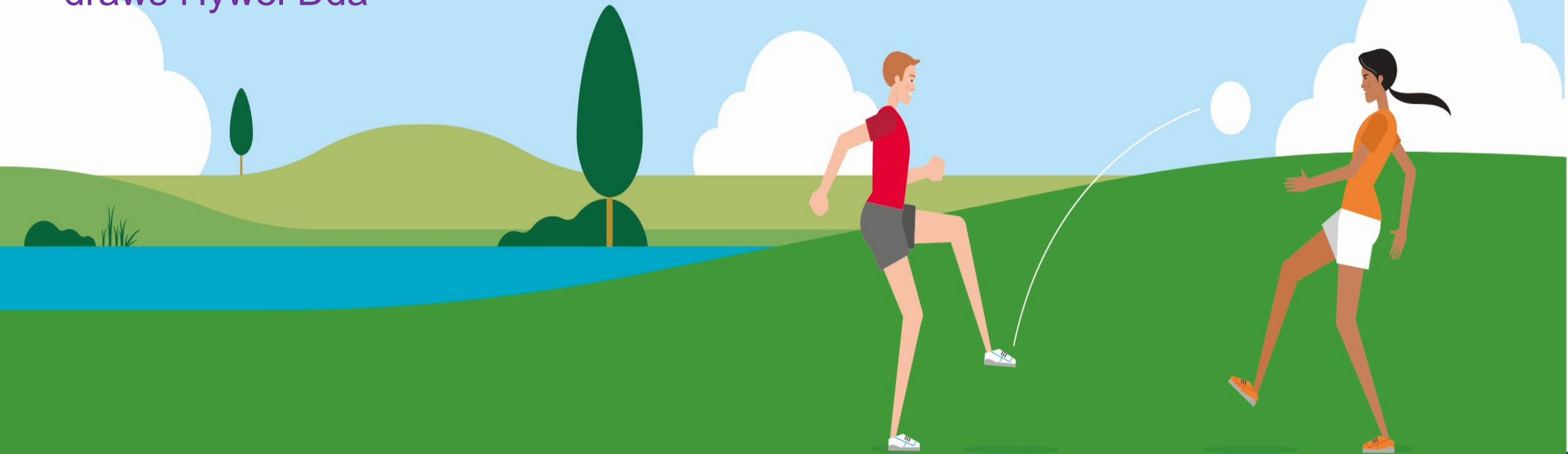
# Beth ydych chi'n ei weld fel eich cyfraniad i ....?



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board

- Cytuno ar flaenoriaeth yr is-system
- Cefnogi ymgysylltiad cymunedol a chyfranogiad yn y dull hwn
- Dull cydweithredol wedi'i anelu at adeiladu a chynnal amgylchedd pwysau iach yn ar draws Hywel Dda



# What do you see as your contribution to .....



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board

- Agreeing the sub-system priority
- Supporting community engagement and involvement in this approach
- A collaborative approach aimed at building and sustaining a healthy weight environment across Hywel Dda



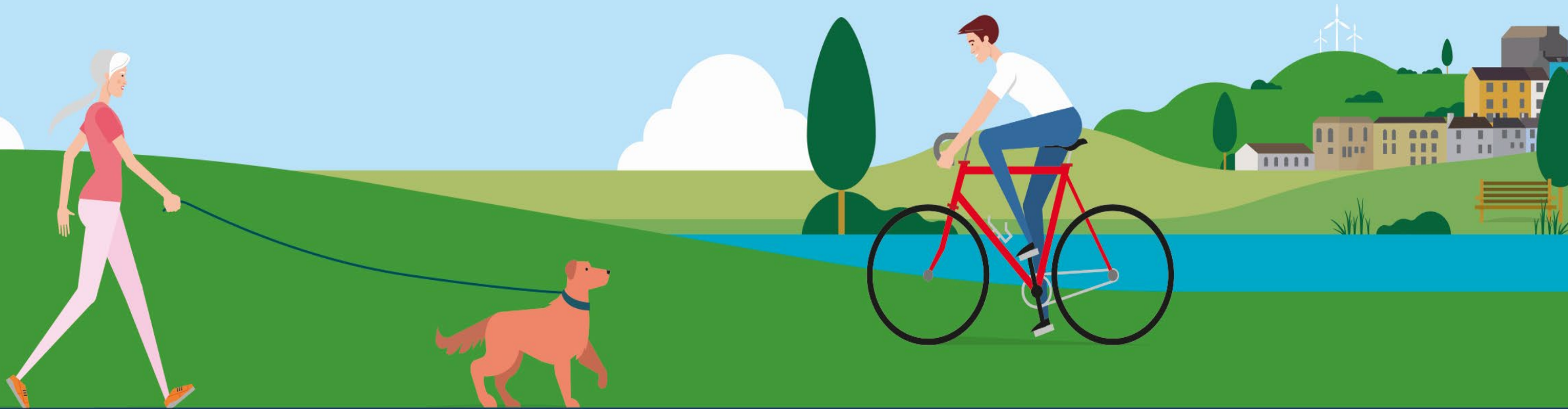
Diolch  
Thank you



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board

Unrhyw gwestiynau?  
Any questions?





**DIOGEL | CYNALIADWY | HYGYRCH | CAREDIG**  
**SAFE | SUSTAINABLE | ACCESSIBLE | KIND**



**GIG**  
CYMRU  
**NHS**  
WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board