



Building a Healthier Gwent

Wide health inequalities still persist in Gwent. I would like to have a conversation with the people who live and work in Gwent about what achieving the ambition of **Building a Healthier Gwent** would mean for them. Through our conversation I hope we will develop a shared ambition and commitment that together we can **Build A Healthier Gwent**.



Dr Sarah Aitken

Director of Public Health & Strategic Partnerships, Aneurin Bevan University Health Board



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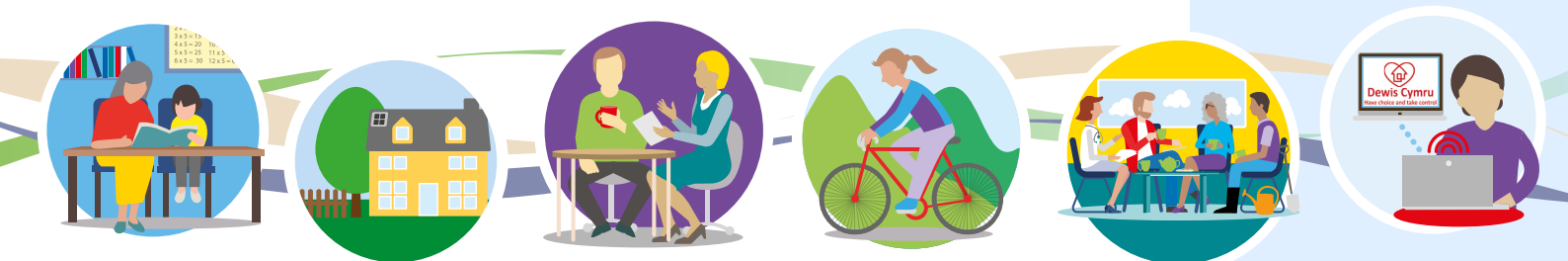
Tim Iechyd Cyhoeddus
Aneurin Bevan Gwent
Aneurin Bevan Gwent
Public Health Team

% of life spent in 'good' health



Source: Public Health Wales¹

To create an environment that promotes the health and wellbeing of the whole population of Gwent we all need to play our part.



THE AMBITION FOR GWENT 2030

In 2030 the places where we live, work, learn and play make it easier for people in our communities to live healthy, fulfilled lives.

All our children and young people live in smoke free environments and consider not smoking to be the norm. More of our children and young people live in an environment that supports being a healthy weight. We have vibrant, connected communities with people preferring to walk and cycle for local journeys. Families and children are active in our shared open spaces and getting the most out of our abundant, natural environment.

We live, learn and work in strong and mutually supportive, resilient communities - both real and virtual. We are taking concerted action to improve mental wellbeing because we understand that there is no health without good mental health.

All partners are focussing their collective efforts on the main things that create greater equity, and we are starting to see greater equity in the determinants of health. **Building A Healthier Gwent** is at the heart of what we all do.



The Director of Public Health Annual Report (2019) '**Building a Healthier Gwent**' sets out the ambition and the key health challenges we need to address for a healthier Gwent by 2030.

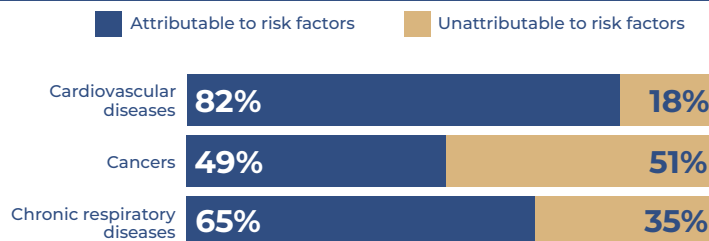
THE CHALLENGE

People in some communities in Gwent live more of their life in good health and live longer than in other communities in Gwent.

Major diseases that cause people not to be in good health include cardiovascular diseases, cancers and respiratory diseases.

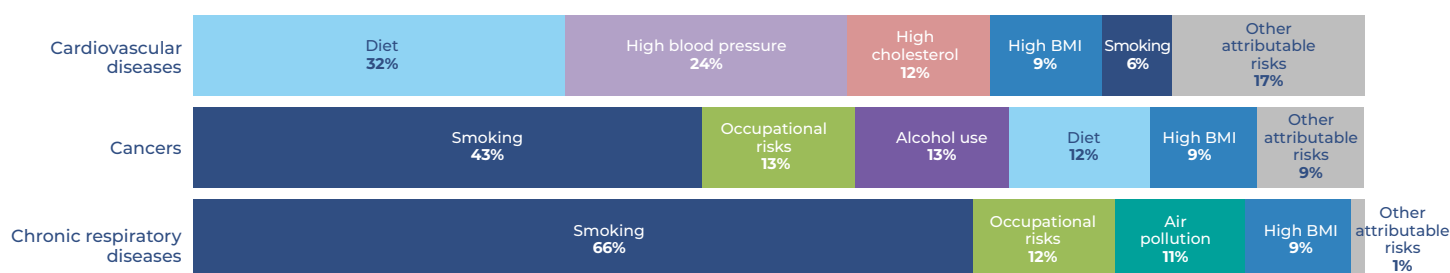
The development of a large percentage of these diseases can be attributed to risk factors that are preventable, and explain the major part of the health differences we see across the population of Gwent.

Percentage of ill health that can be related to risk factors



Source: adapted from Public Health Wales Observatory, using Global Health Data Exchange (IHME)²

Percentage contribution of risk factors to three major illnesses



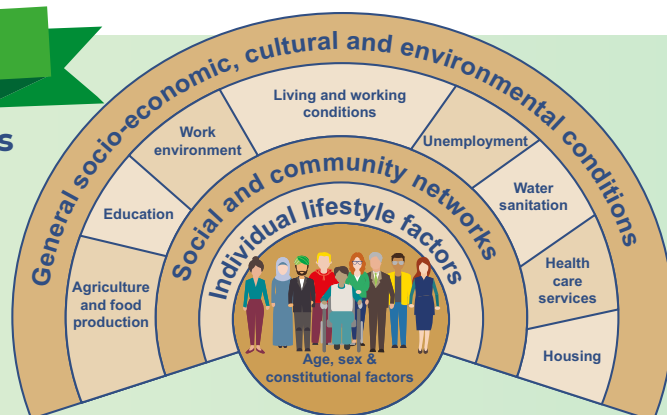
Source: Public Health Wales Observatory, using Global Health Data Exchange (IHME)²

WE CAN DO IT!

A wide range of factors influence an individual's health including the social, economic and physical environment.

Building a Healthier Gwent has 3 themes:

- Healthy homes, places and spaces
- Healthy communities
- Health promoting services



Source: adapted from Dahlgren and Whitehead, 1991¹

GET INVOLVED!

Please join the conversation about how we can Build a Healthier Gwent together.

Attend one of the public and partner engagement events taking place across Gwent between August and October 2019.

OR Complete the online survey by October 20th.

Contact us or visit our website for more information

www.wales.nhs.uk/HealthierGwent

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