



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Pwysau Iach: Cymru Iach Gweithredu ar sail Dull System Gyfan

Healthy Weight Healthy Wales Taking a Whole System Approach

Ceriann Tunnah, Ymgynghorydd Iechyd Cyhoeddus
Bwrdd Iechyd Prifysgol Betsi Cadwaladr

Ceriann Tunnah, Consultant in Public Health
Betsi Cadwaladr University Health Board





GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



Y daith hyd yma



The Journey So Far Timeline



His-systemau blaenoriaeth

- Mynediad at fwyd fforddiadwy ac iach
- Bwyta'n dda a bod yn actif mewn ysgolion
- Bwyta'n dda a bod yn actif mewn gweithleoedd



Priority sub-systems

- Access to affordable and healthy food
- Eating well and being active in schools
- Eating well and being active in workplaces

Themâu Cyffredin Ar Draws y Rhaglenni

- Canlyniad iechyd a lles gorau posibl y boblogaeth
- Gweithio mewn cymhlethdod
- Methu â sicrhau newid fel un sefydliad
- Gweithio mewn system sy'n newid ac yn addasu

Common Themes Across the Programmes

- Outcome of the best possible health and wellbeing of the population
- Working in complexity
- Can't deliver change as a single organisation
- Working in a system that changes and adapts

