

ATAL ER LLES PREVENTION FOR WELL-BEING

Ailffocysu ein hymdrechion i flaenoriaethu iechyd a llesiant wrth gynllunio ar gyfer ataliaeth.

Re-focussing our work and efforts to enable prevention for health and well-being within planning

Marie Brousseau-Navarro
2025





Pam mae meddwl yn hirdymor yn allweddol? Why thinking long-term and prevention are key?

Climate change the biggest single health threat facing humanity, warns WHO

CLIMATE CHANGE | WORLD HEALTH ORGANISATION | ENVIRONMENT | HEALTH

Tuesday 12 October 2021 at 7:50am



IMPERIAL

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More than one billion people now living with obesity, global analysis suggests

by Ryan O'Hare
29 February 2024



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Now is the time to tackle inequalities in Wales and build a better future for all says new report

Published: 4 November 2021

Public Health Wales has joined forces with the Future Generations Commissioner for Wales to look at what challenges and opportunities the future may hold for creating a more equal Wales.

Football Newsletters Business Environment UK politics Education Society Science Tech

The world is facing an antibiotic emergency: a data-led plan of action is needed now

Sally Davies



Global leaders are meeting to address the threat posed by antimicrobial resistance - millions will die unless solutions are found



Consensus cynyddol ar yr angen i atal

Growing consensus on the need for prevention

Comisiwn Bevan Commission

The Foundations for the Future Model of Health and Care in Wales

Creating a Sustainable National Health and Care Service for an Equally Well Wales

February 2024

**Living well for longer:
The economic argument for investing in the health and wellbeing of older people in Wales**

Professor Rhiannon Tudor Edwards
Dr Llinos Haf Spencer
Lucy Bryning
Bethany Fern Anthony

PRIFYSGOL BANGOR UNIVERSITY

GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru Public Health Wales

Investing in a Healthier Wales: prioritising prevention

Prevention and the Future Generations Act

Atal a Deddf Llesiant Cenedlaethau'r Dyfodol





The Well-being of Future Generations Act: Architecture

National Well-being Goals
(Sustainable Development)

A PROSPEROUS WALES 	A RESILIENT WALES 	A HEALTHIER WALES 	A MORE EQUAL WALES 	A WALES OF COHESIVE COMMUNITIES 	A WALES OF VIBRANT CULTURE AND THRIVING WELSH LANGUAGE 	A GLOBALLY RESPONSIBLE WALES
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Understanding Wales

National Indicators



Milestones



Future Trends



Making it happen (well-being duty)

Individual Duty
Public Body

Collective Duty
Public Services Boards

Community Councils

5 ways of working (Sustainable Development Principle)

Collaboration

Integration

Involvement

Long-term

Prevention

Enabling the Change (Accountability)

Future Generations Commissioner for Wales

Auditor General for Wales

Senedd Cymru



Y Ddeddf Llesiant Cenedlaethau'r Dyfodol



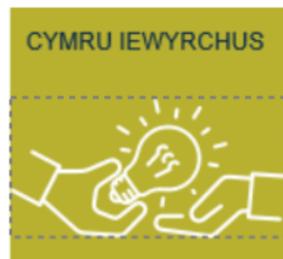
Y nodau llesiant
Cenedlaethol
(Datblygu
cynaliadwy)

Deall Cymru

Gwneud iddo ddigwydd
(Dyletswydd llesiant)

Pum ffordd o weithio
er llesiant
(Egwyddor Datblygu
Cynaliadwy)

Galluogi'r newid
(Atebolrwydd)



Dangosyddion cenedlaethol



Cerrig milltir



Tueddiadau'r Dyfodol



Dyletswydd cyrff
Cyhoeddus unigol

Dyletswydd gyfunol
Byrddau Gwasanaethau Cyhoeddus

Cynghorau cymunedol

Cydweithredu



Integreiddio



Cyfranogiad



Hirdymor



Atal



Comisiynydd Cenedlaethau'r Dyfodol Cymru

Archwilydd Cyffredinol Cymru

Senedd Cymru

The five ways of working / Pum ffordd o weithio er llesiant

Long-term



Aims to ensure:

- We are not sleepwalking into the future
- We are balancing short-term needs and long-term impacts
- Today's decisions do not have to be undone tomorrow

Aims to address:

- Short-termism
- Fear of uncertainty
- Considerations of short-term risks only

Prevention



Aims to ensure:

- We are tackling the root causes of issues
- Focus on early intervention to prevent issues from occurring or getting worse
- Escape from the cycle of firefighting

Aims to address:

- Reactive decisions
- Isolating symptoms of issues from root causes

Involvement



Aims to ensure:

- People affected by decisions are involved in them
- Reflecting the diversity of a population
- Transparency in decision-making

Aims to address:

- Decisions made behind closed doors
- Listening to unheard voices
- Deteriorating trust in government

Collaboration



Aims to ensure:

- Public bodies are working together to tackle common issues
- Different sectors are working together
- Pooling of efforts and resources

Aims to address:

- Silo working
- Duplication of work
- Missed opportunities to work together

Integration



Aims to ensure:

- Different priorities work in harmony
- Impact on all goals is considered
- Well-being objectives and steps seen as a set
- Impact on others is considered

Aims to address:

- Silo working
- Unintended impacts
- Lack of consideration of cumulative impacts

Pum Dull o Weithio

Hirdymor



Nodau i sicrhau:

- Nid ydym yn cysgu i'r dyfodol
- Rydym yn cydbwysu anghenion tymor byr ac effeithiau tymor hir
- Nid oes rhaid i benderfyniadau heddiw gael eu dadwneud yfory

Nodau i fynd i'r afael â:

- Tymor byr
- Ofn ansicrwydd
- Ystyriaethau risgiau tymor byr yn unig

Atal



Nodau i sicrhau:

- Rydym yn mynd i'r afael ag achosion sylfaenol problemau
- Canolbwyntio ar ymyrraeth gynnar i atal problemau rhag digwydd neu waethygu
- Dianc o'r cylch o ddiffodd tân

Nodau i fynd i'r afael â:

- Penderfyniadau adweithiol
- Ynysu symptomau problemau rhag achosion sylfaenol

Cynnwys



Nodau i sicrhau:

- Mae pobl yr effeithir arnynt gan benderfyniadau yn rhan ohonynt
- Adlewyrchu amrywiaeth poblogaeth
- Tryloywder wrth wneud penderfyniadau

Nodau i fynd i'r afael â:

- Penderfyniadau a wneir y tu ôl i ddrysau caeedig
- Gwrando ar leisiau nas clywir
- Dirywio ymddiriedaeth yn y llywodraeth

Cydweithio



Nodau i sicrhau:

- Mae cyrff cyhoeddus yn cydweithio i fynd i'r afael â materion cyffredin
- Mae gwahanol sectorau yn cydweithio
- Cyfuno ymdrechion ac adnoddau

Nodau i fynd i'r afael â:

- Silo yn gweithio
- Dyblygu gwaith
- Wedi colli cyfleoedd i gydweithio

Integreiddio



Nodau i sicrhau:

- Mae blaenoriaethau gwahanol yn gweithio mewn cytgorod
- Ystyrir yr effaith ar bob nod
- Gwelir amcanion a champau llesiant fel set
- Ystyrir yr effaith ar eraill

Nodau i fynd i'r afael â:

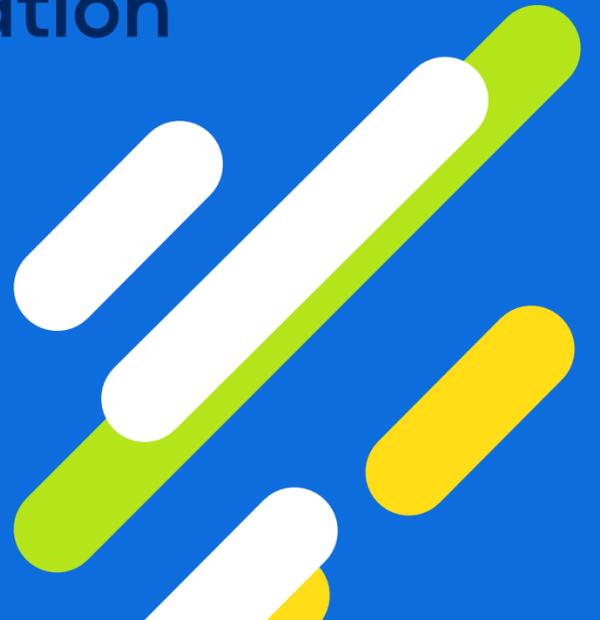
- Silo yn gweithio
- Effeithiau anfwriadol
- Diffyg ystyriaeth o effeithiau cronol



Canllawiau Statudol

1. Tystiolaeth a dealltwriaeth
2. Cynllunio corfforaethol
3. Cynllunio ariannol
4. Llywodraethu
5. Atal + Integreiddio

Statutory Guidance

1. Evidence and understanding
 2. Corporate planning
 3. Financial planning
 4. Governance
 5. Prevention + Integration
- 



Ein cyngor hyd yn hyn

Our advice so far

- Cydweithio, cynnwys pobl ar y problemau i atal: o
 - Ai ataliad sylfaenol, eilaidd neu drydyddol ydyn nhw?
 - Defnyddio tystiolaeth i nodi'r ymyriad ataliol gorau;
 - ac uchafu cyfraniad at amcanion.
 - Mabwysiadu'r diffiniad o atal i ddyrannu gwariant yn unol â hynny
 - o fewn cynllunio ariannol a rheoli risg.
-
- Collaborate, involve people on the problems to be prevented:
 - Are they primary, secondary or tertiary prevention?
 - Use evidence to identify best preventative intervention
 - and maximise contribution to objectives.
 - Adopt the definition of prevention to allocate spending accordingly
 - within financial planning and risk management.



Prevention

Key Elements of Implementation	No change or no evidence of implementation	Simple change	More adventurous	Owning Ambition	Leading the way
Recognition of the value of prevention.	<ul style="list-style-type: none"> No commitment. 	<ul style="list-style-type: none"> Generic commitment to having a preventative approach. 	<ul style="list-style-type: none"> Clear description of the challenges which need preventing. 	<ul style="list-style-type: none"> Commitment included in accountability mechanisms but still no overall strategy. 	<ul style="list-style-type: none"> Value of preventative action part of the strategic corporate plan, measured, clearly evidenced, communicated and reviewed regularly.
Understanding of the different types of prevention and their relevance.	<ul style="list-style-type: none"> No agreed definition or common understanding. No evidence on how preventative measures are considered. No training provided. 	<ul style="list-style-type: none"> Definition agreed but not included in internal policies and guidance. 	<ul style="list-style-type: none"> Definition included in process and guidance but no consistent use across the organisation. Training limited to awareness raising. 	<ul style="list-style-type: none"> Different types of prevention clearly drive different actions and plans within the organisation. Individual and team training provided. 	<ul style="list-style-type: none"> Different commitments for different types of prevention fully integrated in coherent corporate and strategic plan. Individuals and teams fully trained in theory and application within the organisation and sectors.
Understanding the root-causes of things.	<ul style="list-style-type: none"> Not aware of the root-causes, only addressing the symptoms. Challenges viewed in isolation. 	<ul style="list-style-type: none"> Aware of some root-causes but still addressing mainly the symptoms. 	<ul style="list-style-type: none"> Commission or carry out research to begin to understand causality. Big challenges are viewed from an organisation-wide perspective. 	<ul style="list-style-type: none"> Clear and consistent communication and log of root-causes of the challenges the organisation is trying to prevent. 	<ul style="list-style-type: none"> Clear plan to tackle the root-causes of the challenges to be prevented in collaboration with others. All challenges considered from a system-wide perspective.
Understanding what needs preventing linked to long-term trends and strategy.	<ul style="list-style-type: none"> Only firefighting. 	<ul style="list-style-type: none"> Identification of Future challenges to be avoided. 	<ul style="list-style-type: none"> Work with other to identify what needs preventing in the long term. 	<ul style="list-style-type: none"> Prevention work done in collaboration with horizon scanning and long-term thinking approach. 	<ul style="list-style-type: none"> Dedicated resource and mechanisms for future scenario planning and associated 'Society Development' and Prevention/ Disaster Planning.
Enabling early intervention enabled including funding.	<ul style="list-style-type: none"> Governance Structures and processes obstruct innovation and preventative approaches. Spending on acute matters only. 	<ul style="list-style-type: none"> Processes provide little or no opportunity to consider the issues the organisation is trying to prevent or their root-causes, no early intervention. Small pockets of funding for preventative measures. 	<ul style="list-style-type: none"> Processes enable and encourage consideration of the challenges to be prevented. Potential negative impacts are identified and removed or minimised at the start of projects. Some funding allocated to prevention. 	<ul style="list-style-type: none"> Accepts short term reductions in performance for better future gains. Increased funding allocated to prevention. Organisational processes incorporate and encourage consideration of prevention in a holistic way across the organisation. 	<ul style="list-style-type: none"> Top-slicing of budget for preventative action. Prioritise use of resources for the long-term even if it limits the ability to meet some short-term needs. Early and collective intervention enabled.



Atal

Elfennau Allweddol Gweithredu	Dim newid neu ddim tystiolaeth o weithredu	Newid syml	Mwy anturus	Bod yn berchen ar Uchelgais	Arwain y ffordd
Cydnabod gwerth atal a'i wahanol ffurfiau a lefelau	<ul style="list-style-type: none"> Nid yw pobl yn deall ataliaeth. Canolbwyntio ar fynd i'r afael ag argyfyngau o ddydd i ddydd yn hytrach na cheisio deall achosion sylfaenol. Dim cydnabyddiaeth o'r angen i symud i atal. 	<ul style="list-style-type: none"> Mae atal yn dechrau cael ei ddeall e.e. diffiniad wedi'i gytuno ond heb ei gyfleu'n llawn ar draws y sefydliad. Mae'r gwerth a'r angen i symud tuag at atal yn cael ei gydnabod gan uwch staff. Cydnabod yr angen i fynd i'r afael ag achosion sylfaenol ac nid dim ond symptomau problemau. 	<ul style="list-style-type: none"> Gwerth atal yn cael ei drafod mewn uwch fforymau. Mae'r rhan fwyaf o staff yn gwybod beth yw ystyr atal ac yn ei ddeall. Ystyrir bod y cyfrifoldeb am atal yn fater traws-sefydliadol ac nid yw wedi'i neilltuo i un tim. Bwriad clir i dorri cylchoedd negyddol a heriau rhwng cenedlaethau. Tystiolaeth o ddefnyddio atal gan uwch reolwyr. 	<ul style="list-style-type: none"> Mae gwerth atal yn cael ei drafod ar bob lefel o'r sefydliad. Mae rhan fwyaf y staff yn defnyddio ataliaeth yn hyderus yn eu gwaith. Mae atal yn cael ei weld fel cyfrifoldeb pawb. Heriau a welir o safbwynt system gyfan, gan gydnabod a gwerthfawrogi buddion hirdymor dros rai tymor byr. 	<ul style="list-style-type: none"> Gwerth atal yn cael ei gydnabod a'i gyfleu y tu mewn a tu allan i'r sefydliad. Swyddogion wedi'u grymuso i gymryd risgiau a reolir yn dda. Mae'r holl staff yn defnyddio ataliaeth a rhennir enghreifftiau o arferion da yn fewnol ac yn allanol. Canolbwyntiodd ymdrechion ar bob lefel yn gyntaf ar atal problemau rhag digwydd a mynd i'r afael â'r achosion sylfaenol.
Dealltwriaeth glir o'r hyn sydd angen ei atal ac achosion sylfaenol problemau	<ul style="list-style-type: none"> Dim ymchwil i achosion sylfaenol heriau'r presennol a'r dyfodol. Pobl ddim yn ymwybodol o'r materion y mae'r sefydliad yn ceisio eu hatal. Dim dysgu ar y cyd. 	<ul style="list-style-type: none"> Peth ymchwil cyfyngedig i achosion sylfaenol yr heriau o fewn rhai meysydd o'r gwaith. Peth adnabod a chyfathrebu'r materion y mae'r sefydliad yn ceisio eu hatal a'u hachosion sylfaenol. Peth dysgu ar y cyd. 	<ul style="list-style-type: none"> Ymchwil dda ar lefel sefydliadol ar achosion sylfaenol heriau'r presennol a'r dyfodol. Pobl yn ymwybodol o'r materion i'w hatal a'u prif achosion. Peth dealltwriaeth o heriau rhwng cenedlaethau. Dysgu a rennir yn rheolaidd y tu mewn a tu allan i'r sefydliad. 	<ul style="list-style-type: none"> Ymchwil i achosion sylfaenol heriau'r presennol a'r dyfodol yn cael ei gyfleu i staff. Dealltwriaeth dda o achosion sylfaenol heriau rhwng cenedlaethau. Dealltwriaeth dda o'r cylchoedd negyddol sy'n wynebu cenedlaethau'r presennol a'r dyfodol. Dysgu ar y cyd a pheth cydweithio ag eraill i ddeall achosion sylfaenol ac atebion. 	<ul style="list-style-type: none"> Staff yn ymwybodol ac yn defnyddio ymchwil ar achosion sylfaenol heriau'r presennol a'r dyfodol. Mae achosion ar gyfer materion y mae'r sefydliad yn ceisio eu hatal yn cael eu deall a'u hadolygu'n rheolaidd gydag eraill. Cynlluniau wedi'u cynllunio ar y cyd i fynd i'r afael â heriau cyffredin a'u hatal. Mynd i'r afael â chylchoedd negyddol a heriau rhwng cenedlaethau. Mae meddwl hirdymor yn galluogi ymyrraeth gynnar.
Meithrin a meistrolï technegau gwaith ataliol a gwariant	<ul style="list-style-type: none"> Dim adnoddau na hyfforddiant ar nodi achosion ac achosion sylfaenol problemau. Nid yw pobl yn deall y gwahaniaeth rhwng gwariant aciwt ac atal. Dim ystyriaeth i rwystrau atal. 	<ul style="list-style-type: none"> Mae rhai pobl yn dechrau ennill sgiliau atal. Hyfforddiant ar atal ac achosiaeth yn cael ei gynnig i unigolion uwch. Mae pobl yn ymdrechu i wneud gwaith ataliol, ond yn bennaf yn ail-becynnu hen gamau gweithredu. Rhai pocedi o arfer da gyda phobl yn dechrau meddwl am achosion sylfaenol. Nodi rhwystrau posibl rhag gweithredu, gan gynnwys cynnwys yn y dyraniad adnoddau, prosesau cynllunio a gwerthuso/archwilio. 	<ul style="list-style-type: none"> Pobl allweddol yn hyderus wrth ddefnyddio sgiliau atal. Hyfforddiant ar gael yn eang ar ddiffinio atal a'i wahanol fathau. Pobl yn gallu cysylltu materion â gwahanol lefelau o ataliaeth a dechrau eu defnyddio yn y cyd-destunau cywir. Rhwystrau posibl wedi'u nodi ar y cyd, gan gynnwys wrth ddyrannu adnoddau, prosesau cynllunio a gwerthuso/archwilio. 	<ul style="list-style-type: none"> Mae'r rhan fwyaf o bobl yn hyderus mewn sgiliau atal. Mae gan bobl hyfforddiant a sgiliau i ddeall gwahanol lefelau o ataliaeth. Mae pobl yn addasu camau gweithredu a pholisïau i fynd i'r afael ag achosion sylfaenol problemau. Rhwystrau ac atebion posibl wedi'u nodi ar y cyd, gan gynnwys wrth ddyrannu adnoddau, prosesau cynllunio a gwerthuso/archwilio. 	<ul style="list-style-type: none"> Pob aelod o staff yn hyderus mewn sgiliau atal. Mae cynllunio polisi ataliol a gwneud penderfyniadau, gan gynnwys symud i wariant ataliol yw'r norm. Mae meddylfryd wedi'i symud o drin problemau i'w hatal. Dileu'r rhwystrau rhag gweithredu.
Gwydnwch a pharodwyrdd ar gyfer argyfyngau	<ul style="list-style-type: none"> Dim cynlluniau parodwyrdd ar gyfer argyfyngau. Dim gwydnwch na pharodwyrdd ar gyfer argyfyngau. 	<ul style="list-style-type: none"> Cydnabod yr angen i gynllunio ar gyfer ac atal argyfyngau posibl. 	<ul style="list-style-type: none"> Rhai cynlluniau amserol i adeiladu gwydnwch a pharodwyrdd ar gyfer argyfyngau mewn rhai meysydd. Ymdrechion sefydliadol i greu gwydnwch a hyblygrwydd i fynd i'r afael â materion cyfredol ac yn y dyfodol yn dechrau. 	<ul style="list-style-type: none"> Cynllun clir ac integredig ar gael i adeiladu gwydnwch sefydliadol a pharatoi neu osgoi argyfwng lle bynnag y bo modd. Rhai systemau yn eu lle i ymateb, paratoi a mynd i'r afael â heriau'r dyfodol. 	<ul style="list-style-type: none"> Ystod eang o arbenigedd, yn y sector cyhoeddus a'r tu allan iddo, wedi'i gasglu ar strategaethau gwydnwch a chynlluniau gweithredu. Mae systemau llywodraethu yn addasol ac yn wydn a gallant baratoi ac ymateb i heriau yn y dyfodol.

Prevention in Practice

Atal yn Ymarferol



Cymharu diffiniadau



	FGC/ LIC	WHO	PHS	Cymdeithas Llywodraeth Leol	Llyfrgell Feddygaeth NH yr UD	Sefydliad Iechyd a Gwaith (Canada)
Primordial					Lleihau ffactorau risg ar boblogaeth trwy ganolbwyntio ar amodau amgylcheddol a chymdeithasol.	
Cynradd	Meithrin gwytnwch – creu'r amodau fel nad yw problemau'n codi yn y dyfodol. Agwedd gyffredinol.	Lleihau nifer yr achosion o glefyd.	Camau gweithredu ar lefel y boblogaeth i atal problemau neu fynd i'r afael ag achos y broblem.	Lleihau nifer yr achosion o glefydau a phroblemau iechyd yn y boblogaeth.	wedi'i anelu at boblogaeth/unigolyn sy'n agored i niwed i atal clefyd rhag digwydd	Atal afiechyd neu anaf cyn iddo ddigwydd. Newid ymddygiad afiach.
Uwchradd	Targedu gweithredu ar feysydd risg uchel. Dull wedi'i dargedu.	canfod camau cynnar y clefyd ac ymyrryd cyn i symptomau llawn ddatblygu	Canfod yn gynnar ar gyfer ymyrraeth gynnar a thriniaeth i leihau niwed	Canfod camau cynnar y clefyd yn systematig ac ymyrryd cyn i symptomau llawn ddatblygu	Canfod clefyd yn gynnar ar unigolion sy'n ymddangos yn iach (ffurfiau is-glinigol o'r clefyd).	Lleihau effaith afiechyd neu anaf sydd eisoes wedi digwydd.
Trydyddol	Ymyrryd unwaith y bydd problem, i'w atal rhag gwaethygu ac i'w atal rhag digwydd eto yn y dyfodol.	rheoli clefyd ar ôl diagnosis i arafu neu atal ei ledaeniad	gweithredu i leihau niwed problem trwy reolaeth ofalus.	Lleddfu effaith salwch neu anaf parhaus sy'n cael effeithiau parhaol.	yn anelu at leihau effeithiau'r clefyd unwaith y bydd wedi'i sefydlu mewn unigolyn.	Ei nod yw lleddfu effaith salwch neu anaf parhaus sy'n cael effeithiau parhaol.
Aciwt	Rheoli effaith sefyllfa negyddol heb atal problemau yn y dyfodol.				Atal Cwaternaidd* - nodi cleifion sydd mewn perygl o orfeddyginiaeth	

Comparing definitions



	FGC/ WG	WHO	PHS	Local Government Association	US NH Library of medicine	Institute for Health and Work (Canada)
Primordial					risk factor reduction on a population through a focus on environmental and social conditions.	
Primary	Building resilience – creating the conditions so problems do not arise in the future.	reducing the incidence of disease.	Population level actions to stop problems or addressing the cause of the problem.	Reducing the incidence of disease & health problems in the population.	aimed at a susceptible population/ individual to prevent a disease from occurring	Preventing disease or injury before it occurs. Altering unhealthy behaviours.
Secondary	Targeting action on high risk areas. A targeted approach.	detecting the early stages of disease and intervening before full symptoms develop	Early detection for early intervention and treatment to reduce harm	Systematically detecting early stages of disease & intervening before full symptoms develop	Early disease detection on healthy-appearing individuals (sub-clinical forms of the disease).	Reducing the impact of disease or injury that has already occurred.
Tertiary	Intervening once there is a problem, to stop it getting worse & prevent reoccurring in the future.	managing disease after diagnosis to slow or stop its spread	action to minimise the harm of a problem through careful management.	Softening the impact of an ongoing illness or injury that has lasting effects.	aims to reduce the effects of the disease once established in an individual.	Aims to soften the impact of an ongoing illness or injury that has lasting effects.
Acute	Managing the impact of a negative situation without preventing problems in the future.				Quaternary prevention* - identifying patients at risk of over-medication	

Mae atal sylfaenol yn gweithredu y tu allan i'r system iechyd,
 gan ganolbwyntio **ar sylfeini iechyd**
 Primary prevention sits **outside the health system** and
 focusses on **the building blocks of health**



Money and resources
 Arian ac adnoddau



Family, friends
 and community
 Teulu, ffrindiau a
 chymuned



Work
 Gwaith



Transport
 Cludiant



Our surroundings
 Ein hamgylchoedd



The food we eat
 Y bwyd rydyn
 ni'n ei fwyta



Education and skills
 Addysg a sgiliau



Money and resources
 Arian ac adnoddau



Work
 Gwaith



Housing
 Tai



Our surroundings
 Ein hamgylchoedd



Transport
 Cludiant



The food we eat
 Y bwyd rydyn
 ni'n ei fwyta



Education and skills
 Addysg a sgiliau



Family, friends and community
 Teulu, ffrindiau a chymuned





The definition of prevention

As agreed by Welsh Government and the Office of the Future Generations Commissioner for Wales

Primary prevention:

Building resilience – creating the conditions in which problems do not arise in the future. A universal approach.

Secondary prevention:

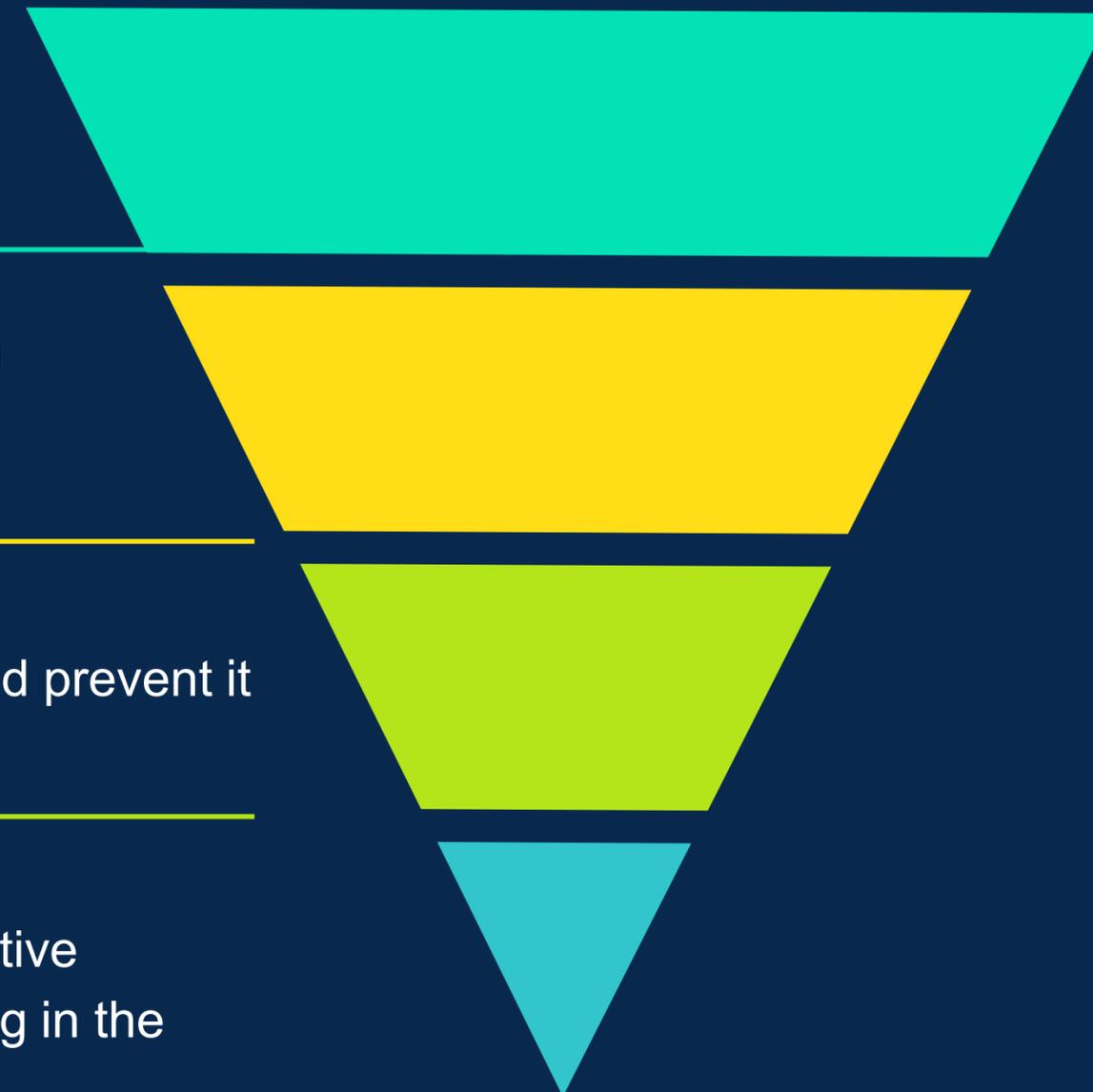
Targeting action towards areas where there is a high risk of a problem occurring. A targeted approach, which cements the principles of progressive universalism.

Tertiary prevention:

Intervening once there is a problem, to stop it getting worse and prevent it reoccurring in the future. An intervention approach.

Acute spending:

Spending, which acts to manage the impact of a strongly negative situation but does little or nothing to prevent problems occurring in the future. A remedial approach.





Y diffiniad o atal

Fel y cytunwyd gan Lywodraeth Cymru a Swyddfa Comisiynydd Cenedlaethau'r Dyfodol Cymru

Atal sylfaenol:

Meithrin gwytnwch – creu'r amodau lle na fydd problemau'n codi yn y dyfodol. Agwedd gyffredinol.

Atal eilaidd

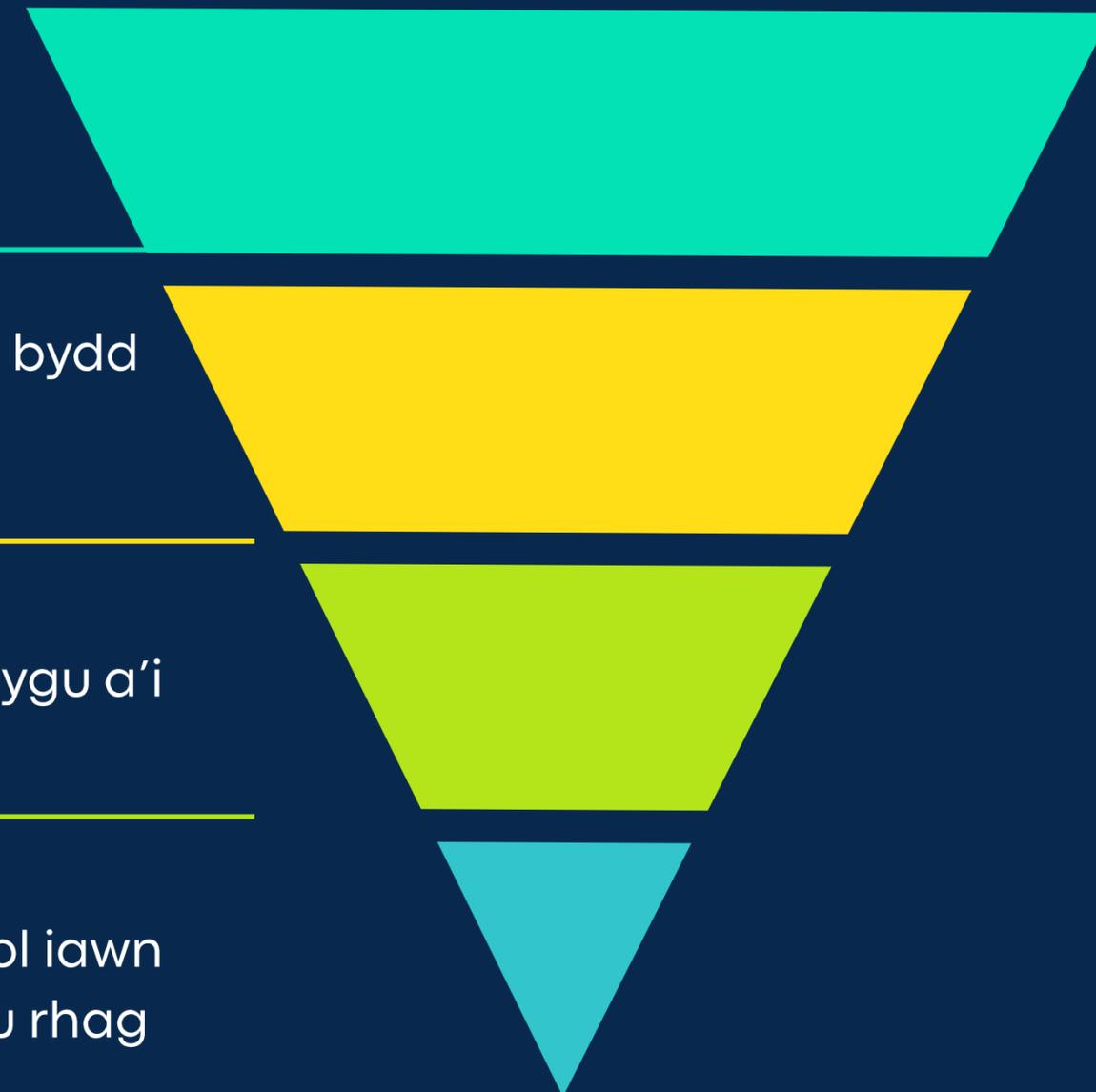
Targedu gweithredu tuag at feysydd lle mae risg uchel y bydd problem yn codi. Dull wedi'i dargedu, sy'n cadarnhau egwyddorion cyffredinoliaeth flaengar.

Atal trydyddol

Ymyrryd unwaith y bydd problem, i'w hatal rhag gwaethygu a'i hatal rhag digwydd eto yn y dyfodol. Dull ymyrryd.

Gwariant aciwt

Gwariant, sy'n gweithredu i reoli effaith sefyllfa negyddol iawn ond sy'n gwneud ychydig neu ddim byd i atal problemau rhag digwydd yn y dyfodol. Dull adferol.



**WG and the Office of the Future
Generations Commissioner for Wales
(All policy areas)**

Definitions of Prevention

**Other literature
(Healthcare)**

Creating the conditions in which problems do not arise in the future.

Primary Prevention

Primordial Prevention

Creating the right social, economic and environmental conditions for good health and wellbeing.

Targeting action where there is high risk of a problem occurring.

Secondary Prevention

Primary Prevention

Interventions aimed at preventing problems arising in the future.

Intervening to stop a problem getting worse or reoccurring.

Tertiary Prevention

Secondary Prevention

Catching problems early and managing/treating them.

Action to manage the impact of a problem which does little or nothing to prevent reoccurrence.

Acute Interventions

Tertiary Prevention

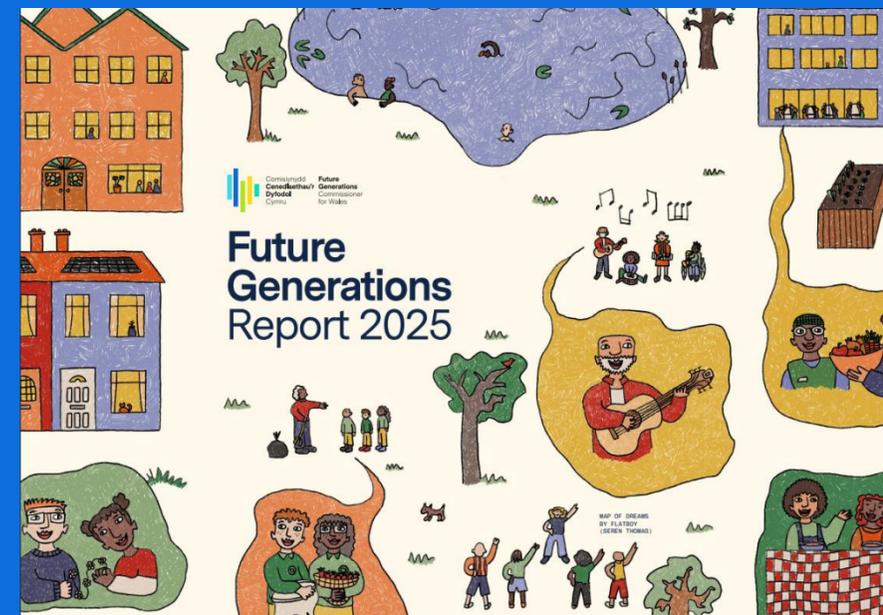
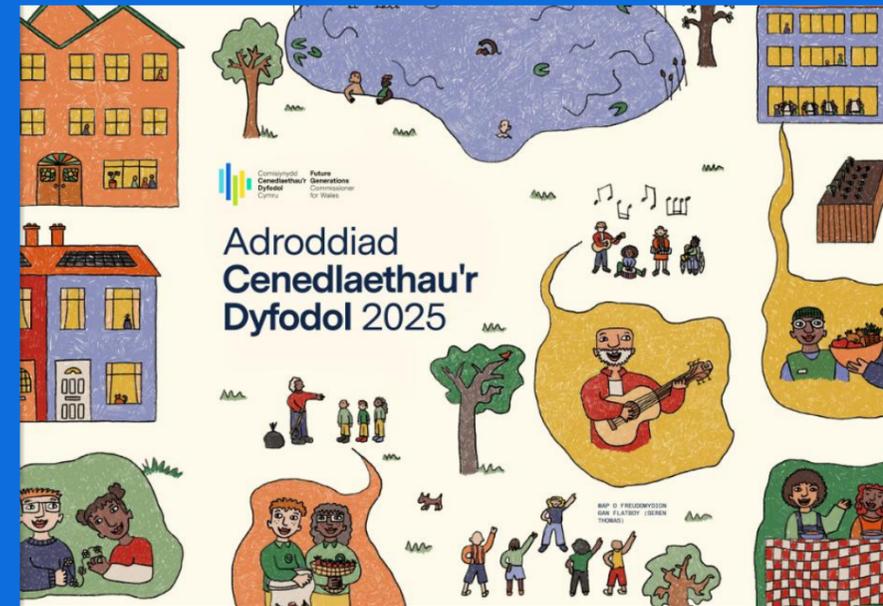
Managing existing problems to prevent recurrence or deterioration.

Acute Care

Treatment for immediate and short-term problems.



Adroddiad Cenedlaethau'r Dyfodol Future Generations Report





Galwadau i Weithredu

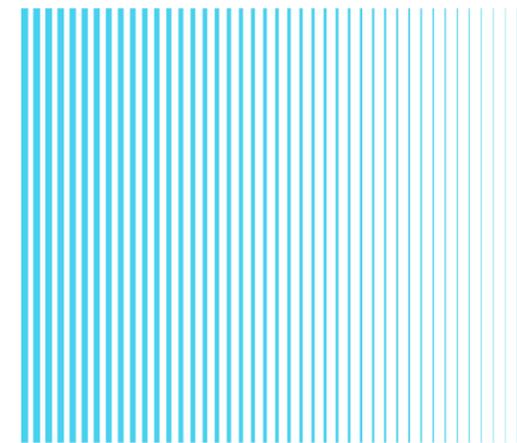
1. Dim mwy o atebion tymor byr.
2. Cyflymu camau gweithredu sy'n darparu manteision lluosog.
3. Datgloi cyllid y sector preifat.
4. Ymrwymiad Cyflog Byw Go lawn.
5. Diogelu a blaenoriaethu cyllid ar gyfer atal.
6. Cynllun cydnerthedd bwyd cenedlaethol.
7. Rhaid amddiffyn diwylliant.
8. Adfer ymddiriedaeth mewn gwneud penderfyniadau.
9. Buddsoddi mewn gwasanaethau cyhoeddus.
10. Symleiddio partneriaethau a chyllid.
11. Adolygu a chryfhau Deddf Llesiant Cenedlaethau'r Dyfodol.

Calls to Action

1. No more short-term fixes.
2. Supercharge actions with multiple benefits.
3. Unlock private sector finance.
4. A Real Living Wage commitment.
5. Ringfence prevention funding.
6. A national food resilience plan.
7. Culture must be protected.
8. Rebuild trust in decision-making.
9. Invest in public services.
10. Simplify partnerships and funding.
11. Review and strengthen the WFG Act.

Mae iechyd a gofal cymdeithasol yng Nghymru yn parhau i ganolbwyntio'n drwm ar anghenion aciwt, gan ei gwneud yn anodd symud tuag at y dull ataliol a hirdymor sydd ei angen ar gyfer system gynaliadwy.

Health and social care in Wales remain heavily focused on acute needs, making it difficult to shift towards the preventive and long-term approach needed for a sustainable system.



Health and Well-being

- 16. Welsh Government should **commit Wales to becoming a Marmot nation**, adapting the Marmot model with tailored principles aligned with the Well-being of Future Generations Act, to help reduce inequalities and improve the well-being of our population.
- 17. Welsh Government and the NHS Executive should **ensure prevention is embedded at the start of all clinical pathways**, with performance measures adjusted to reflect this shift.
- 18. Welsh Government should **develop a plan to halt the rise in obesity within five years**, reverse it within ten and create a Wales that supports healthy weight by default by 2035, reducing inequalities.
- 19. Public Bodies and Public Services Boards should work together, along with the private and voluntary sectors, to **implement the social model of health, placemaking and/or the Marmot principles** to improve action on the wider determinants and reduce inequalities in their areas.
- 20. Public bodies should **include prevention as a core strategic objective** in corporate strategies and planning.
- 21. Public bodies and Public Services Boards (PSB) should use the PSB well-being assessments and Regional Partnership Board population needs assessment to **identify the most significant inequalities in their populations and develop targeted plans to close the equity gap** in health outcomes.



● Going forward

Argymhellion

Llywodraeth Cymru:

17. Dylai Llywodraeth Cymru a Gweithrediaeth y GIG sicrhau bod atal yn cael ei wreiddio ar ddechrau pob llwybr clinigol, gyda mesurau perfformiad yn cael eu haddasu i adlewyrchu'r newid hwn.

Cyrff cyhoeddus (gan gynnwys Llywodraeth Cymru) a Byrddau Gwasanaethau Cyhoeddus:

20. Dylai cyrff cyhoeddus gynnwys atal fel amcan strategol craidd mewn strategaethau a chynlluniau corfforaethol.

Recommendations

Welsh Government

17. Welsh Government and the NHS Executive should ensure prevention is embedded at the start of all clinical pathways start, with performance measures adjusted to reflect this shift.

Public bodies (including Welsh Government) and Public Services Boards:

20. Public bodies should include prevention as a core strategic objective in corporate strategies and planning.

Gwariant ataliol

Yn aml, mae cylchoedd cyllideb tymor byr yn cael eu crybwyll fel rhwystr allweddol i fuddsoddi mewn atal. Dyma pam mae gwariant ataliol a mwy o fuddsoddiad i fyny'r afon tuag at atal sylfaenol wedi bod yn faes gwaith allweddol i'n swyddfa o dan ein 2 Gomisiynydd.

Preventative spend

Short-term budget cycles are often cited as a key barrier to investment in prevention. This is why preventative spend and more investment upstream towards primary prevention has been a key area of work for our office under our 2 Commissioners.



Future Generations Report 2025



Recommendation	Welsh Government	Public bodies and Public Services Boards
Budget		
44. Welsh Government should ring-fence funding for prevention which increases over time.	✓	
45. Welsh Government should bring forward the budget setting process and produce multi-year funding settlement.	✓	
46. Public bodies must set their annual budgets against the national well-being indicators of Cymru (following similar models in the Republic of Ireland and the City of Strasbourg).	✓	✓
47. Public bodies should use the agreed definition of prevention between Welsh Government and my office to map their preventative spend and invest progressively more upstream towards primary prevention.	✓	✓

FGC Pilot –
Preventative spend

Peilot CCD –
Gwario Ataliol





Understanding how public bodies invest in prevention

We are conducting a pilot with select bodies and map out how they are investing in the different levels of prevention. The purpose of the pilot is to:

Gain visibility. No public body (except WG in 2018) has mapped out or been able to identify which part of their budget is dedicated to prevention. The pilot will help understand what is invested whether visible or not in budget looking at preventative intent.

Understand better the different levels of prevention. Only by looking at expenditure lines, specific projects and programmes can we get a shared understanding of what is meant by each level of prevention.

Drive action and move investment upstream into primary prevention. Once we gain visibility and understanding, we will work with Directors of Finance and Chief Execs to help convince and enable them to invest more in primary prevention and in the longer term.

Deall sut mae cyrff cyhoeddus yn buddsoddi mewn atal

Byddwn yn cynnal cynllun peilot gyda chyrff dethol ac yn mapio sut maen nhw'n buddsoddi yn y gwahanol lefelau o atal. Diben y cynllun peilot yw:

Ennill gwelededd. Nid oes unrhyw gorff cyhoeddus (ac eithrio Llywodraeth Cymru yn 2018) wedi mapio nac wedi gallu nodi pa ran o'u cyllideb sydd wedi'i neilltuo i atal. Bydd y cynllun peilot yn helpu i ddeall beth sy'n weladwy neu ddim yn y gyllideb o ran bwriad ataliol.

Deall y gwahanol lefelau o atal yn well. Dim ond drwy edrych ar linellau cyllideb, prosiectau a rhaglenni penodol y gallwn gael dealltwriaeth gyffredin o'r hyn a olygir gan bob lefel o atal.

Ysgogi camau gweithredu a symud buddsoddiad i fyny'r afon i atal sylfaenol. Unwaith y byddwn yn cael gwelededd a dealltwriaeth, byddwn yn gweithio gyda Chyfarwyddwyr Cyllid a Phrif Weithredwyr i helpu i'w darbwylo a'u galluogi i fuddsoddi mewn atal sylfaenol ac yn y tymor hwy.

Diolch, merci

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