

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
Petranka Malcheva
Jenny McConnel
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Y Sesiwn Yma

1. Diffinio atal – craffu ymhellach
2. Arfer Da
3. Trafodaeth grŵp - sut allwch chi fynd i'r afael â atal yn eich gwaith?
4. Trosolwg o beilot CCD ar wariant ataliol
5. Casgliad a choli

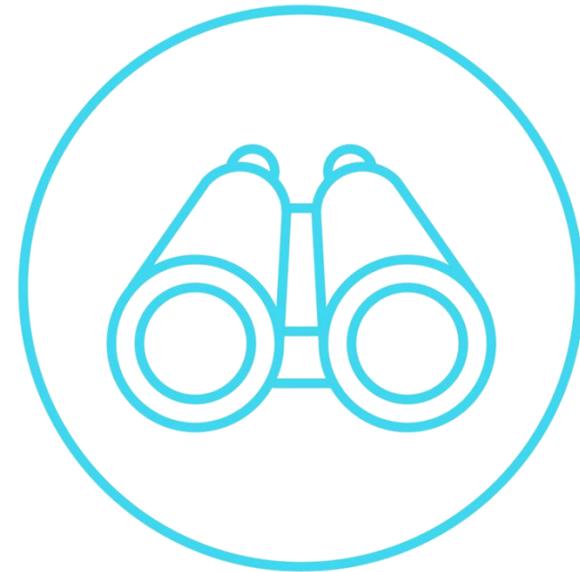
This Session

1. Prevention definition – a deep dive
2. Good Practice
3. Break out – how can you use prevention in your work?
4. Overview of FGC preventative spend pilot
5. Sum up and close

Atal Prevention



Hirdymor



Long-term

[ˌlɒŋˈtɜːm] *way of working*

The importance of balancing short-term needs with the needs to safeguard the ability to also meet long-term needs

Atal



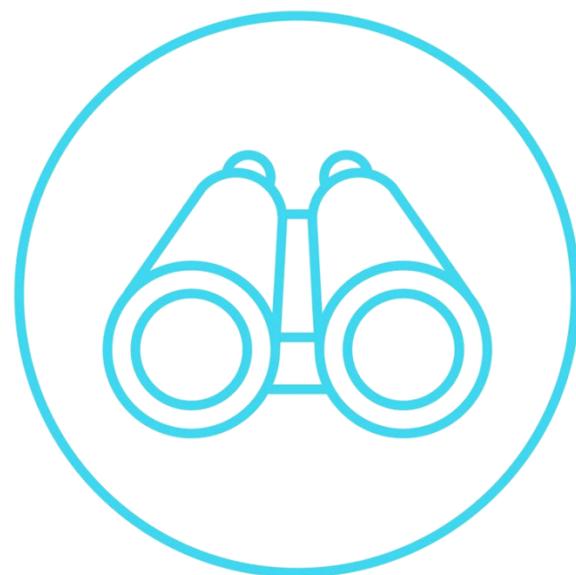
Prevention

[prɪˈvɛnʃn] *way of working*

How acting to prevent problems occurring or getting worse may help public bodies meet their objectives



Hirdymor

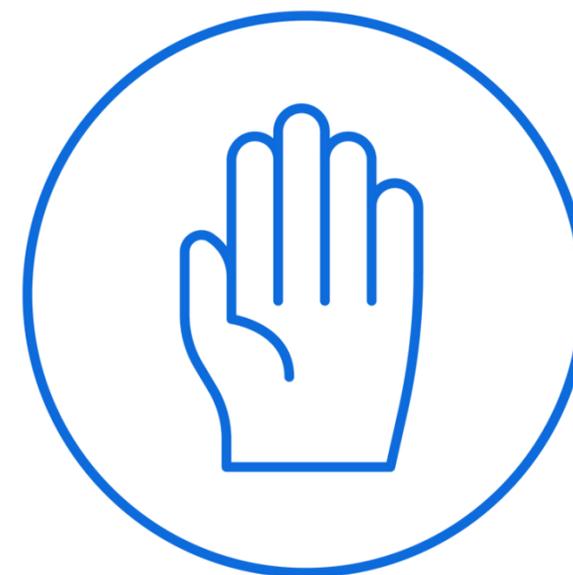


Hirdymor

dull o weithio

Pwysigrwydd sicrhau cydbwysedd rhwng anghenion tymor byr a'r angen am ddiogelu'r gallu i ddiwallu anghenion tymor hir hefyd

Atal



Atal

dull o weithio

Sut gall gweithredu i atal problemau rhag digwydd neu waethygu helpu cyrff cyhoeddus i gyflawni eu hamcanion



Maturity Matrix: elements on prevention



People and Culture: Key elements of implementation

- Recognising the value of prevention and its different forms and levels.
- Ensuring a clear understanding across the organisation of what needs to be prevented and of the root-causes of current and future issues and challenges.
- Fostering and mastering the techniques of preventative work and shifting to preventative spend to break negative cycles and address intergenerational challenges.
- Moving towards resilience beyond preparedness for crisis having adaptive and resilient teams and human and environmental systems that can respond, prepare for and address challenges of the future as well as current ones.



Processes: Key elements of implementation

- Embracing and championing prevention and appreciating its long-term value.
- Ensuring understanding and appropriate use of the different types of prevention to maximise its efficiency and impact.
- Ensuring an understanding the root-causes of things to target them and not the symptom, including agreement on what needs preventing included at the core of the corporate strategy.
- Enabling early intervention including adopting preventative budgets and moving away for only providing acute responses.



Matrics Aeddfedrwydd: elfennau ar atal



Pobl a Diwylliant: Elfennau Allweddol Gweithredu

- Cydnabod gwerth atal a'i wahanol ffurfiau a lefelau.
- Sicrhau dealltwriaeth glir ar draws y sefydliad o'r hyn sydd angen ei atal ac o'r hyn sydd wrth wraidd materion a heriau'r presennol a'r dyfodol.
- Meithrin a meistroli technegau gwaith ataliol a symud i wariant ataliol i dorri cylchoedd negyddol a mynd i'r afael â heriau rhwng cenedlaethau.
- Symud tuag at wytnwch y tu hwnt i fod yn barod ar gyfer argyfwng; cael timau a systemau addasol a gwydn a all ymateb, paratoi a mynd i'r afael â heriau'r dyfodol yn ogystal â heriau presennol.



Proses: Elfennau allweddol o'r Gweithredu

- Cofleidio a hyrwyddo atal a gwerthfawrogi ei werth hirdymor.
- Sicrhau dealltwriaeth a defnydd priodol o'r gwahanol fathau o atal er mwyn cynyddu ei effeithlonrwydd a'i effaith.
- Sicrhau dealltwriaeth o achosion sylfaenol pethau i'w targedu ac nid y symptom.
- Sicrhau dealltwriaeth a chytuno ar yr hyn sydd angen ei atal, yn gysylltiedig â thueddiadau hirdymor a chynnwys hyn wrth graidd y strategaeth gorfforaethol.
- Galluogi ymyrraeth gynnar gan gynnwys mabwysiadu cyllidebau ataliol a symud i ffwrdd ar gyfer darparu ymatebion aciwt yn unig

Cymharu diffiniadau



	FGC/ LIC	ICC	PHS	Cymdeithas Llywodraeth Leol	Llyfrgell Feddygaeth NH yr UD	Sefydliad Iechyd a Gwaith (Canada)
Primordial					Ileihau 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.	Ileihau nifer yr achosion o glefyd.	Camau gweithredu ar lefel y boblogaeth i atal problemau neu fynd i'r afael ag achos y broblem.	Ileihau 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	Targeddu gweithredu ar feysydd risg uchel. Dull wedi'i dargeddu.	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).	Ileihau 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 Cwaternaid* - 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	



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:

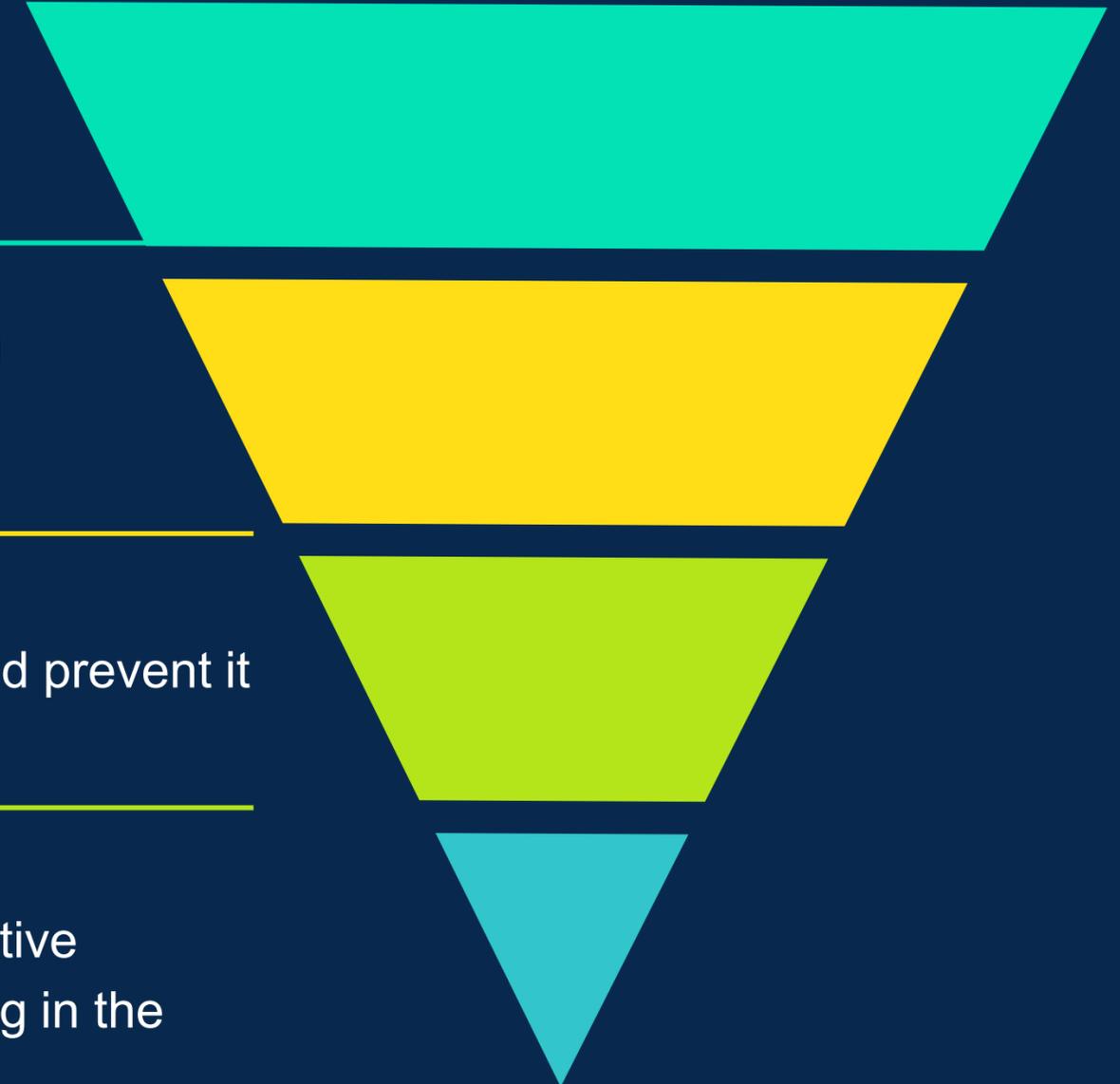
Targeting action towards areas where there is a high risk of a problem occurring. A targeted approach, which cements the principles of progressive universalism.

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

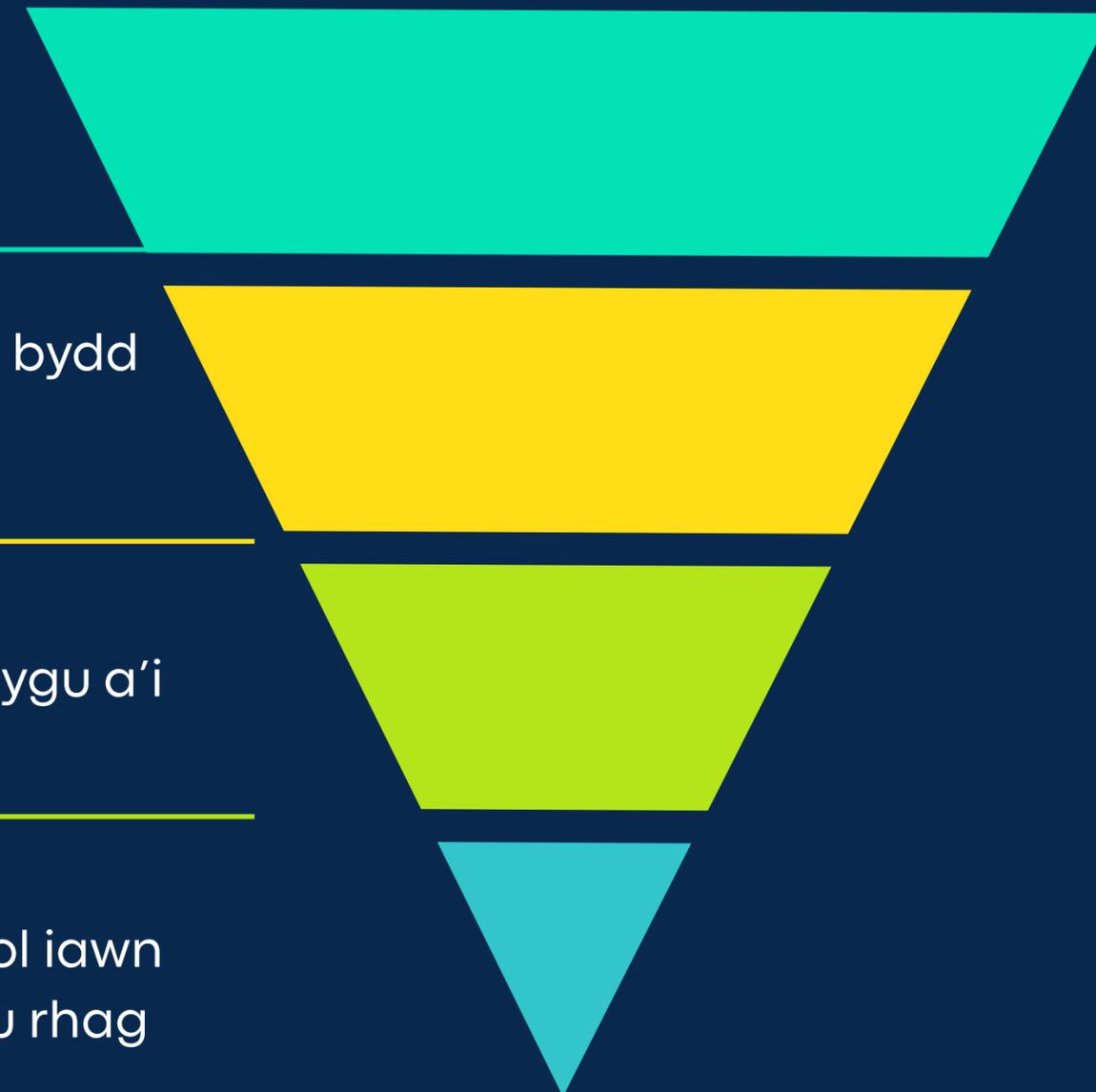
Targedu gweithredu tuag at feysydd lle mae risg uchel y bydd problem yn codi. Dull wedi'i dargedu, sy'n cadarnhau egwyddorion cyffredinoliaeth flaengar.

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)**

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

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

Intervening to stop a problem getting worse or reoccurring.

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

Definitions of Prevention

Primary Prevention

Secondary Prevention

Tertiary Prevention

Acute Interventions

Primordial Prevention

Primary Prevention

Secondary Prevention

Tertiary Prevention

Acute Care

**Other literature
(Healthcare)**

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

Interventions aimed at preventing problems arising in the future.

Catching problems early and managing/treating them.

Managing existing problems to prevent recurrence or deterioration.

Treatment for immediate and short-term problems.

Afer Da

Good Practice



Do and Don't

On an organisational level

Do:

- Understand the underlying causes of the problems to find different enabling solutions to meet the goals at the right time
- Intervene early /prevent problems from getting worse or arising
- Take action earlier, rather than wait for crisis e.g to prevent a significant deterioration in their well-being.

Don't

- Take decisions that only react to current problems and challenges, and do not consider the causes of these problems.
 - View problems and challenges in isolation.
 - Create governance structures that block innovative or new approaches, such as preventative approaches.
-

On a project level

Do:

- Start from a broad consideration of the types of problem that your project could help prevent in the future e.g. social, economic, cultural, environmental or something specific.
- What are the root causes that your project could help to address?
- How does your project support the breaking of negative cycles and/or intergenerational challenges such as poverty, poor health, environmental damage and loss of biodiversity?

Don't

- Forget the local well-being assessments - they contain broad issues that need preventing.
 - Focus on symptoms of the issue you are trying to prevent
 - Ignore any negative impacts your own project might have.
-



Am y gorau ac i'w hosgoi

Ar lefel sefydliadol

Am y gorau:

- Deall achosion sylfaenol y problemau er mwyn dod o hyd i atebion galluogi gwahanol i gyflawni'r nodau ar yr amser cywir
- Ymyrryd yn gynnar / atal problemau rhag gwaethygu neu godi
- Gweithredu'n gynt, yn hytrach nag aros am argyfwng e.e. i atal dirywiad sylweddol yn eu llesiant.

Osgoi:

- Gwneud penderfyniadau sydd ond yn ymateb i broblemau a heriau cyfredol, ac nad ydynt yn ystyried achosion y problemau hyn.
 - Gweld problemau a heriau ar wahân.
 - Creu strwythurau llywodraethu sy'n rhwystro dulliau arloesol neu newydd, megis dulliau ataliol.
-

Ar lefel prosiect

Am y gorau:

- Dechrau o ystyriaeth eang o'r mathau o broblem y gallai eich prosiect helpu i'w hatal yn y dyfodol e.e. cymdeithasol, economaidd, diwylliannol, amgylcheddol neu rywbeth penodol.
- Beth yw'r achosion sylfaenol y gallai eich prosiect helpu i fynd i'r afael â nhw?
- Sut mae eich prosiect yn cefnogi torri cylchoedd negyddol a/neu heriau rhwng cenedlaethau megis tlodi, iechyd gwael, difrod amgylcheddol a cholli bioamrywiaeth?

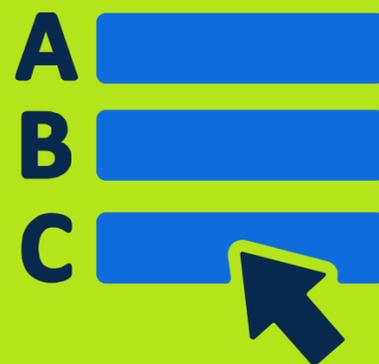
Osgoi:

- Anghofio am yr asesiadau llesiant lleol - maent yn cynnwys materion eang sydd angen eu hatal.
 - Canolbwyntio ar symptomau'r mater yr ydych yn ceisio ei atal
 - Anwybyddu unrhyw effeithiau negyddol y gallai eich prosiect eich hun eu cael.
-



Good practice - what we look for

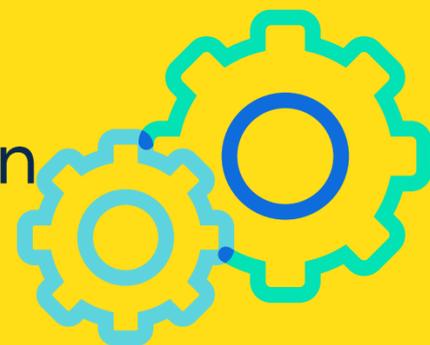
Are you considering and using different types of prevention to maximise its efficiency and impact?



Is it a one off action? Is it isolated or is it happening across the organisation?



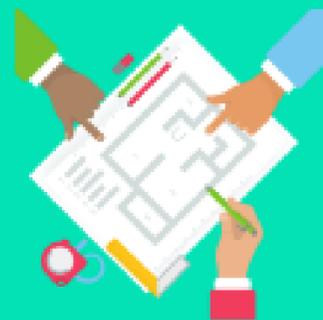
Is it prevention integrated within objectives?



Is it targeting the root causes of issues not the just the symptoms?



Is there a clear links to policies and strategic plans?



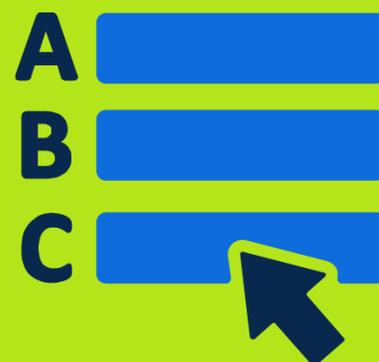
Are tangible outcomes being achieved?





Arfer Da

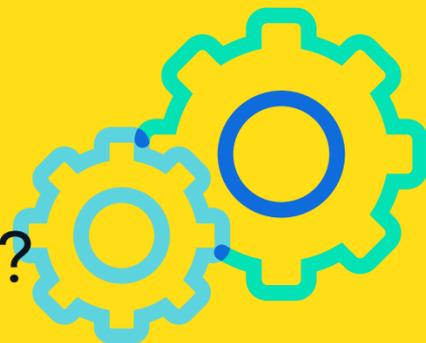
A yw'r camau gweithredu'n wahanol yn ystyried a defnyddio gwahanol fathau o atal i sicrhau'r effeithlonrwydd a'r effaith fwyaf posibl?



Ai gweithred unwaith ac am byth ydyw? A yw'n ynysig neu a yw'n digwydd ar draws y sefydliad?



A yw atal wedi'i integreiddio o fewn amcanion?



Ai targedu achosion sylfaenol problemau nid dim ond y symptomau?



A oes cysylltiadau clir â pholisiau a chynlluniau strategol?



A yw canlyniadau diriaethol yn cael eu cyflawni?





Well North Wales

Betsi Cadwaladr University Health Board's Well North Wales partnership is placing communities at the heart of health transformation. This multi-agency approach works to address health inequalities and the wider determinants of health, embedding prevention across all planning and delivery. By taking a joined up approach, Well North Wales is ensuring that services are shaped by and for the communities they serve, leading to better, more sustainable health outcomes.



Gogledd Cymru Iach

Mae partneriaeth Gogledd Cymru Iach Bwrdd Iechyd Prifysgol Betsi Cadwaladr yn gosod cymunedau wrth galon trawsnewid iechyd. Mae'r dull aml-asantiaeth hwn yn gweithio i fynd i'r afael ag anghydraddoldebau iechyd a phenderfynnyddion ehangach iechyd, gan wreiddio ataliaeth ar draws yr holl gynllunio a chyflawni. Drwy gymryd agwedd gydgysylltiedig, mae Gogledd Cymru Iach yn sicrhau bod gwasanaethau'n cael eu llunio gan ac ar gyfer y cymunedau y maent yn eu gwasanaethu, gan arwain at ganlyniadau iechyd gwell a mwy cynaliadwy.



Torfaen's Marmot Approach

As part of the first Marmot region in Wales, Torfaen County Council is redesigning service delivery and refocusing investment using the Marmot principles of health equity. A key initiative is the creation of a Prevention Hub, designed to triage all referrals and codesign or commission care in partnership with the community.



Dull Marmot Torfaen

Fel rhan o ranbarth cyntaf Marmot yng Nghymru, mae Cyngor Sir Torfaen yn ailgynllunio darpariaeth gwasanaethau ac yn ail-ganolbwyntio buddsoddiad gan ddefnyddio egwyddorion tegwch iechyd Marmot. Menter allweddol yw creu Hwb Atal, a gynlluniwyd i frysbennu pob atgyfeiriad a chydgynllunio neu gomisiynu gofal mewn partneriaeth â'r gymuned.

● Examples of good practice

Good Practice Exchange: A multi-agency approach to falls

Powys Teaching Health Board (PTHB) has worked with the Welsh Ambulance Services NHS Trust (WAST) and Powys County Council to introduce a new approach to falls management in care homes. Early results showed a 25% reduction in WAST call outs for falls.

Cyfnawidfa Arfer Da: Dull amlasiantaethol o ymdrin â chwympiadau:

Mae Bwrdd Iechyd Addysgu Powys wedi gweithio gydag Ymddiriedolaeth GIG Gwasanaethau Ambiwylans Cymru (WAST) a Chyngor Sir Powys i gyflwyno dull newydd o reoli cwypniadau mewn cartrefi gofal. Dangosodd canlyniadau cynnar ostyngiad o 25% yn nifer y galwadau i WAST oherwydd cwypniadau.



Gweithgaredd Activity

Peilot CCD – Gwario Atalio FGC Pilot – Preventative Spend

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
Thank you
