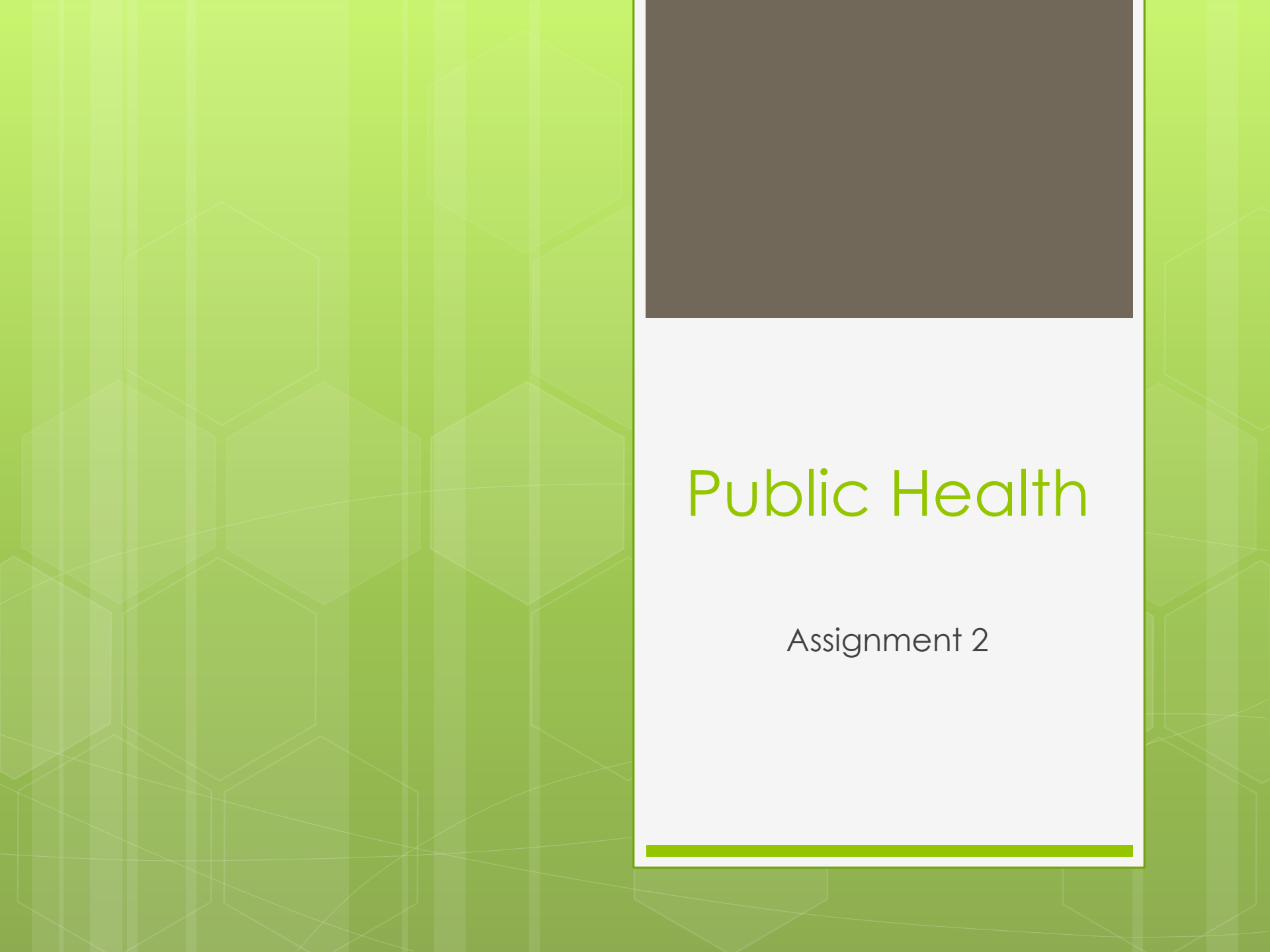




Public Health

Assignment 2

Issues Affecting Welsh Public Health

The population of Wales is projected to increase by almost 9%, from around 3.1 million in 2011 to over 3.3 million in 2036.

The 65 to 84 and 85+ age groups are projected to have the largest increase by 2036, when an estimated 1 in 4 people in Wales will be aged 65 and over.

As the population grows older, the number of people living with long term health conditions will continue to increase.

- Approximately 1 in 5 adults in Wales smoke, causing 18% of adult deaths and costing £386 million per year to the NHS.
- Each year physical inactivity costs the Welsh economy £314 million per year.
- A majority of people (58%) in Wales are either overweight or obese.
- In Wales alone, alcohol misuse directly leads to over 1,500 deaths each year at a total cost of £100 million.
- Substance misuse has a significant impact on society.
- The combined economic and social costs of alcohol and Class A drug misuse in Wales is estimated to be around £2 billion.

Public Health

Public health is generally associated with the health of the entire population, rather than the health of individuals. The three domains of public health practice in the UK are: health improvement; health protection; and improving services



In Wales the role of Public Health Wales NHS Trust is to protect and improve health and well-being and reduce health inequalities for people in Wales and all Health Boards have responsibility for public health.



Wales has led the way in many public health policies and legislation, such as the ban on smoking in public places.

While legislation and policy-making are only two of many strands in addressing Wales' public health challenges, they can play a vital role in changing behaviour.

Health Problems in Wales

- ◉ Loneliness & Isolation
- ◉ Homelessness
- ◉ Smoking
- ◉ Obesity
- ◉ Teen Pregnancy
- ◉ Poor Oral Health
- ◉ Alcohol Misuse
- ◉ Mental Illness
- ◉ Substance Misuse

Health Problems in Wales - Cont

- Adverse Childhood Experiences
- Suicide
- Sexually Transmitted Infections
- Cardiovascular Disease

Assignment 2

HELPSHEET

Loneliness & Isolation

- <http://www.bbc.co.uk/news/uk-wales-42255234>
- <http://gov.wales/newsroom/health-and-social-services/2018/isolation/?lang=en>
- <http://www.assembly.wales/en/newhome/pages/newsitem.aspx?itemid=1667>
- <http://senedd.assembly.wales/mglIssueHistoryHome.aspx?lId=16359>

Homelessness

- ◉ <https://www.walesonline.co.uk/news/wales-news/homelessness-wales-not-being-tackled-14129209>
- ◉ <http://gov.wales/newsroom/housing-and-regeneration/2018/180206-action-to-tackle-homelessness/?lang=en>
- ◉ <http://gov.wales/topics/housing-and-regeneration/services-and-support/homelessness/rough-sleeping-action-plan/?lang=en>
- ◉ <http://gov.wales/newsroom/housing-and-regeneration/2015/150427-new-law-to-reduce-homelessness-comes-into-force/?lang=en>

Smoking

- ◉ <http://gov.wales/topics/health/improvement/smoking/?lang=en>
- ◉ <http://gov.wales/newsroom/health-and-social-services/2017/stub-out-smoking/?lang=en>
- ◉ <http://gov.wales/topics/health/improvement/smoking/tobacco-plan/?lang=en>
- ◉ <http://www.wales.nhs.uk/ourservices/initiatives>

Obesity

- ◉ <http://gov.wales/topics/health/improvement/obesity/?lang=en>
- ◉ <http://gov.wales/newsroom/environmentandcountryside/2017/170324-welsh-government-seeks-innovative-ideas-to-tackle-childhood-obesity/?lang=en>
- ◉ <http://www.wales.nhs.uk/sitesplus/888/page/52135>
- ◉ <http://www.wales.nhs.uk/healthtopics/lifestyles/obesity>

Teen Pregnancy

- <https://www.walesonline.co.uk/news/wales-news/assembly-government-launches-action-plan-1884413>
- <http://gov.wales/topics/people-and-communities/people/children-and-young-people/parenting-support-guidance/help/flyingstart/?lang=en>
- <http://www.wales.nhs.uk/sitesplus/documents/888/Teenage%20conceptions%20in%20Wales%20%20FINALv1.pdf>
- <http://news.bbc.co.uk/1/hi/wales/8097721.stm>
- <http://www.bbc.co.uk/news/uk-wales-40259702>

Poor Oral Hygiene

- <http://gov.wales/topics/health/professionals/dental/smile/?lang=en>
- <http://www.wales.nhs.uk/documents/10942.pdf>
- <http://www.wales.nhs.uk/sitesplus/888/page/63528>
- <https://www.cardiff.ac.uk/research/impact-and-innovation/research-impact/addressing-poor-oral-health-in-wales>

Alcohol Misuse

- <https://www.walesonline.co.uk/news/health/welsh-government-invest-50m-tackling-8828156>
- <http://www.wales.nhs.uk/healthtopics/lifestyles/alcohol>
- <http://www.assembly.wales/laid%20documents/cr-ld10329/cr-ld10329-e.pdf>
- <http://www.wsta.co.uk/images/PAN/2014/WalesConsultationResponse.pdf>

Mental Illness

- <http://gov.wales/newsroom/health-and-social-services/2017/specialist/?lang=en>
- <http://gov.wales/topics/health/nhswales/plans/mental-health/?lang=en>
- <https://www.walesonline.co.uk/news/wales-news/nearly-2000-days-missed-welsh-14065979>
- <http://www.1000livesplus.wales.nhs.uk/site/splus/documents/1011/t4mh%20strategy%20doc.pdf>

Substance Misuse

- <http://gov.wales/about/cabinet/cabinetstatements/previous-administration/2015/substancemisuse/?lang=en>
- <http://gov.wales/topics/people-and-communities/communities/safety/substance misuse/?lang=en>
- <http://gov.wales/newsroom/health-and-social-services/2016/measures/?lang=en>
- <http://www.wales.nhs.uk/healthtopics/lifestyles/drugmisuse>

Suicide

- <http://mindaberystwyth.org/resources/suicide-resources-in-walesuk/>
- <https://www.mind.org.uk/information-support/your-stories/suicide-in-wales-how-your-experiences-are-changing-policy/#.W-SDR5P7SUK>
- <http://www.publichealthwalesobservatory.wales.nhs.uk/news/47674>
- <http://www.wales.nhs.uk/sitesplus/888/page/65108>
- <https://www.publichealthnetwork.cymru/en/topics/mental-health/suicide-and-self-harm/>

Sexually Transmitted Infections

- <http://www.wales.nhs.uk/sitesplus/888/page/71723>
- <http://www.wales.nhs.uk/sitesplus/888/page/88731>
- <http://www.wales.nhs.uk/healthtopics/lifestyles/sexualhealth>
- <http://www.wales.nhs.uk/sitesplus/documents/888/onetoone%20interventionNICE.pdf>
- <http://www.wales.nhs.uk/sitesplus/documents/888/WAGStrategicFramework.pdf>

Adverse Childhood Experiences

- <file:///C:/Users/donna.morgan/Downloads/Kathryn-Ashton-Adverse-Childhood-Experiences-ACEs-in-Wales.pdf>
- <http://www.wales.nhs.uk/sitesplus/888/page/88504>
- <http://www.wales.nhs.uk/sitesplus/888/page/88524>
- <https://gov.wales/newsroom/people-and-communities/2017/170119-adverse-childhood-experiences/?lang=en>

Cardiovascular Disease

- <https://www.nice.org.uk/guidance/ph25/chapter/2-public-health-need-and-practice>
- <https://www.gov.uk/government/publications/improving-cardiovascular-disease-outcomes-strategy>
- <http://www.wales.nhs.uk/sitesplus/888/page/69450>
- <http://www.publichealthwalesobservatory.wales.nhs.uk/additional-resources-cvd>
- <http://www.wales.nhs.uk/healthtopics/conditions/cardiacdisease>