

Healthy **Weight:** **Healthy** Wales



Llywodraeth Cymru
Welsh Government



**Making the healthy choice
the easy choice.**

Youth and community version

Introduction

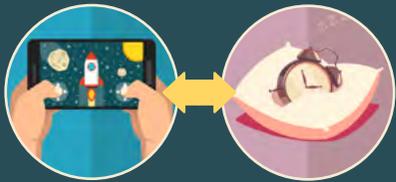
Every day we make decisions:



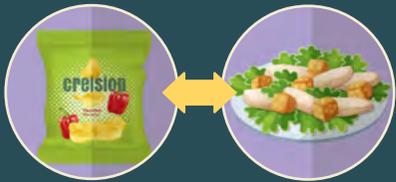
what to wear



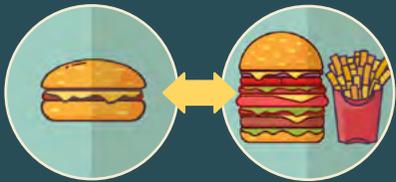
where to go



what to do



what to eat



how much to eat



how much to move

Being healthy is about making the right choices.

It's about:

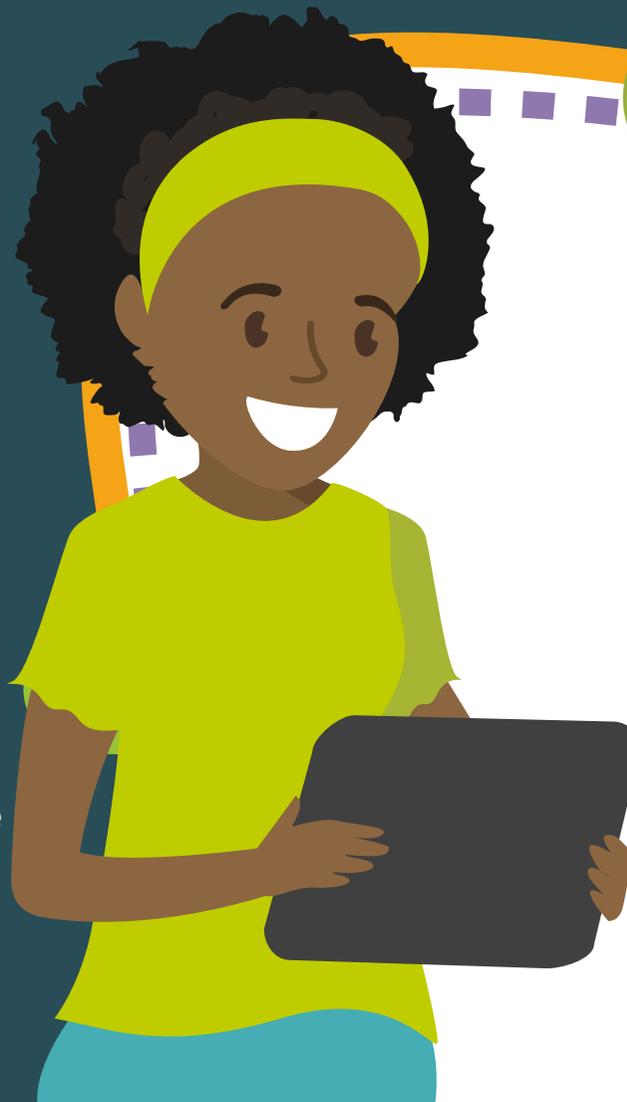
- eating healthy good food
- drinking water
- being active.

This helps you be a healthy weight.

It's important to be a healthy weight.

If your body carries too much weight, it can cause health problems or mental health problems.

It can even mean some people die earlier than they should.



The Welsh Government want to help everyone make healthy choices and be active.

This tells you about the changes we are making.

Our Vision

We want to make
the healthy choice
the easy choice.

The problem

Being a healthy weight can be difficult.



We use food for all kinds of things: family gatherings, parties and celebrations.



Food is available 24/7.



Buy 1 get 1 free

Shops and supermarkets have more deals on unhealthy food than healthy food.



In Wales,

lots of people are overweight.

25%

A quarter of all children (around **8,500**) start school overweight or obese.

60%

of adults are overweight or obese. And, that's going up by **10,000** each year.



We eat more takeaways and cook less.



People are eating



1 in 5 meals out.



Portions are:

- too big
- have too much fat
- too much sugar
- too much salt.

Good news

We can change this. We can work together and make a difference.

We are making changes so people have more healthy options and can be active across Wales.

By 2030
the healthy choice
will be the easy choice
for everyone.





Healthy Environment

Everything around us affects our lives. Where we live, the places we go and the things we see.

Sometimes the things around us, make it difficult to be healthy and active.



Changes by 2030

You will see changes in food adverts.

There will be:

- a ban on unhealthy food adverts in places like bus stops and train stations
- more healthy food adverts.

You will see changes in how shops sell food.

There will be:

- more price deals for healthy food
- a ban on shops selling energy drinks to children and young people.

You will see more information.

There will be clearer information on food made in Wales.

You will see changes in how Welsh food businesses make food.

There will be:

- more healthy choices
- less sugar, salt and fat in food
- taxes on unhealthy food
- more fruit and vegetables in ready meals.

You will see changes when you eat out.

There will be:

- calorie information on menus and takeaway food
- fewer takeaways in communities
- fewer deals to buy bigger portions
- limits on free refills on drinks.

You will see more local food and drink.

There will be:

- more healthy local food choices
- more free drinking water areas so Wales becomes a Refill Nation.

You will see safer communities.

There will be:

- more 20 mph zones so families can walk and cycle safely
- safer routes to schools.



We will also work with the UK Government to make some changes including:

- changes to food adverts on TV
- making sure all food has more information.

You will see more active travel routes for walking and cycling.

There will be more investment and planning for active travel routes across Wales.

You will see more community green spaces, parks and sports areas.

There will be:

- more green spaces
- ways to create green spaces in areas that face poverty.

You will see changes in Public Transport.

Train and bus stations will link better to cycle and walking routes.

You will see more active communities.

There will be:

- more investment in play areas and active travel
- more investment in sports centres and fields.





Healthy Settings

Every day we go to places to learn, work, live and play.

We want these places to support you and your family to make healthy choices.



Changes by 2030

You will see changes in Further Education Colleges and Universities.

There will be:

- healthier food and drink options for students
- more active travel routes
- extra support for students to be active.

You will see changes in workplaces.

There will be:

- policies and programmes supporting staff to be a healthy weight and be active
- more healthy food and drink options.

You will see changes in childcare and schools.

There will be:

- a healthy diet in schools
- daily physical activity in primary schools
- more active travel routes
- training for staff to support pupils to make healthy choices
- new school food regulations
- a National Quality Standard for health in schools.

We want all pupils to leave school knowing how to make healthy lifestyle choices.

You will see changes in the NHS.

There will be:

- only healthy food and drink for patients, staff and visitors
- only healthy food in hospital shops and vending machines
- more active travel routes
- support for NHS staff to be healthy and active.

You will see changes in healthy Public Sector.

(Government and council)

There will be:

- support for staff to make healthy choices
- new rules on how government money is spent on buying food and drink.

You will see changes in Communities.

There will be:

- more deals and discounts on healthier food and drink
- more healthy lifestyle services in Welsh.



Healthy People

Everyone has to look after their own health and be active.

Some people have more challenges than others and need support to have a healthy life. We want to support:

- pregnant women and babies
- children and families
- older people.



Changes by 2030

You will see more support for pregnant women, parents and families.

There will be:

- more support for pregnant women to manage their weight
- more support for new mothers
- more financial support for parents facing poverty so they can buy healthy food
- more support for families to be active and make healthy choices.

You will see more support for children and families.

There will be:

- more support in communities where families face poverty
- support services for weight issues
- fun programmes to encourage eating well, sitting less and moving more
- support for families that are very overweight through the All Wales Obesity pathways.





Leadership

Change takes time. To reach these goals, we all need to work together and take responsibility for the choices we make. But we can't do this alone.

We need the leadership at all levels in all areas to understand the part they play. They must make decisions and deliver change.

Action plans

Over the next 10 years we have **5 action plans**. Each one is 2 years long.

Our first action plan is from 2020 to 2022.

It focuses on stepping in early to support young children and their families.



Checking our work

We will build a framework to collect information from across Wales.

We will use the information to see how much we are reducing obesity and becoming a **healthy Wales**.

Each year we'll report on what's happening.



Thanks for reading this.

If you want to know more:

 gov.wales/healthy-weight-healthy-wales