

Mynd at wraidd y broblem

- Dull System
Cyfan o Bwysau
lach yng
Nghymru

Getting to the root of the problem –

A Whole System
Approach to
Healthy Weight in
Wales

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07/09/2023

Nod y Sesiwn

- **Amlinellu Dulliau System Gyfan a'r derminoleg gysylltiedig**
- **Deall cyd-destun strategol y Dull System Gyfan at Bwysau Iach yng Nghymru**
- **Cydnabod y dull 9 cam sy'n cael ei ddefnyddio yng Nghymru**
- **Egluro'r dull sy'n cael ei ddatblygu yng Nghymru gydag enghreifftiau ymarferol**
- **Gallu dod o hyd i fanylion ar gyfer cyrchu gwybodaeth bellach.**

Dull System Gyfan o Bwysau Iach yng Nghymru PHNC Whole Systems Approach to Healthy Weight in Wales

07/09/2023

Aim of the Session

- **Outline Whole System Approaches and related terminology**
- **Understand the strategic context to the Whole System Approach to Healthy Weight in Wales**
- **Recognise the 9 step approach being used in Wales**
- **Illustrate the approach being taken forward in Wales with practical examples**
- **Be able to find details for accessing further information.**



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A WHOLE SYSTEM APPROACH TO HEALTHY WEIGHT IN WALES



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video



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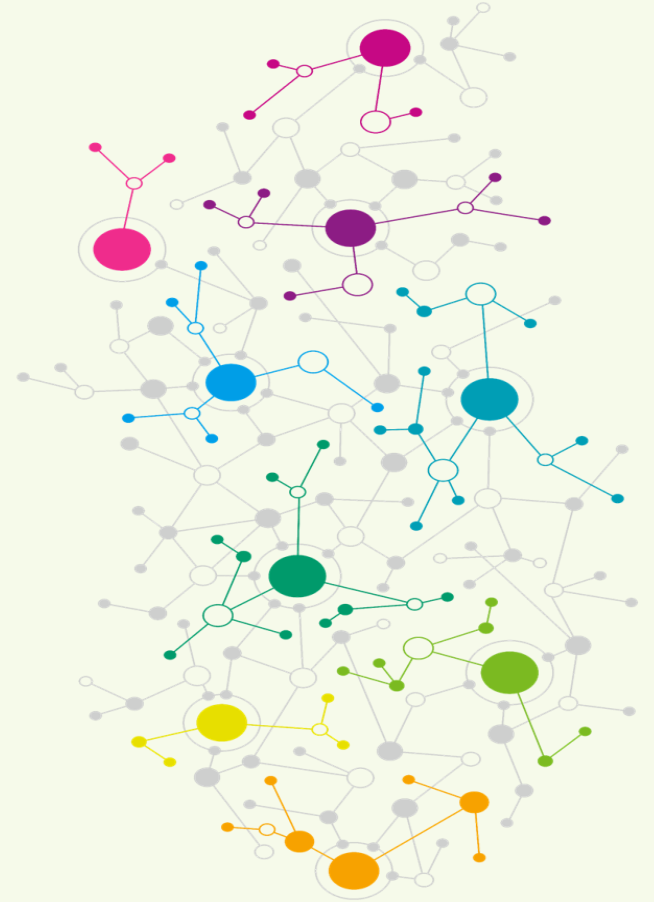


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Beth Yw System?

Mae system yn grŵp o gydrannau rhyng-gysylltiedig a rhyngddibynnol sy'n ffurfio cyfanwaith unedig. Cyflawnir swyddogaeth gyffredinol system trwy weithredoedd a rhyngweithiadau ei chydannau.



What is a System?

A system is a group of interconnected and interdependent components that form a unified whole. A system's overall function is achieved through the actions and interactions of its components.





Beth Yw System? What is a System?



Ydym ni i gyd yn siarad am yr un peth?

Are we all talking about the same thing?

Dulliau systemau
Systems methods

Dulliau'r gymuned gyfan
Whole-of-community approaches

Dulliau au draws y system gyfan
System-wide approaches

Mae semanteg yn bwysig
Semantics matter

Gweithio traws-sector
Cross-sectoral working

Dulliau system(au) (cyfan)
(Whole) system(s) approaches

Meddwl trwy systemau
Systems thinking



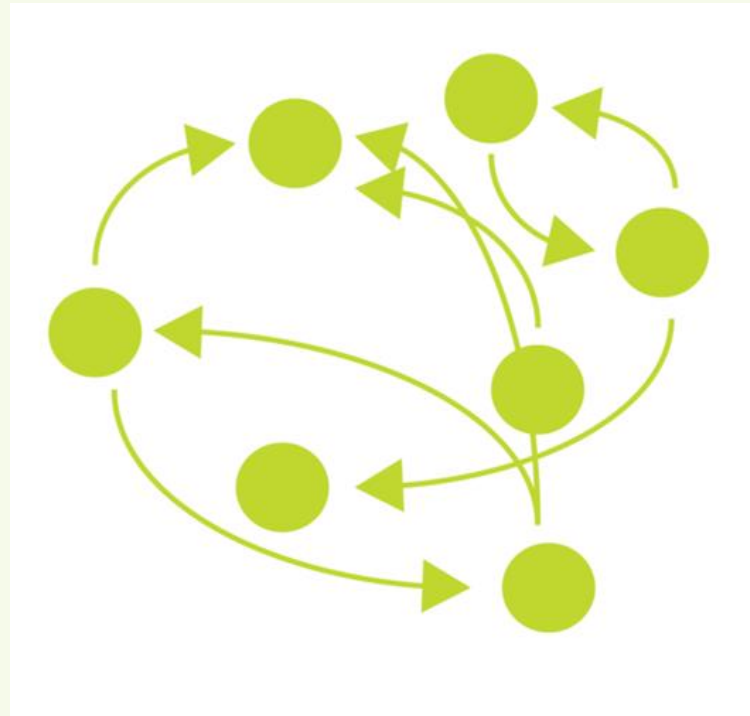
Cysyniadau Pwysig (a'r termau a ddefnyddir used) ar gyfer Systemau Cymhleth

Important Concepts (and terms for Complex Systems

Ymddangosiad
Emergence

Cydgysylltiad
Interconnectedness

Adborth
Feedback



Ffordd o ddeall a gweld y byd yn wahanol

- **Chwyddo allan**
- **Deall sawl safbwynt gwahanol**
- **Deall natur gydgysylltiedig a chreiddiol materion cymhleth**
- **Derbyn natur addasol y system**
- **Cydnabod bod strwythur deinamig y system yn creu ymddygiad**
- **Yn cynnwys credoau a gwerthoedd sy'n effeithio ar realiti**

A way of understanding and seeing the world differently

- **Zooming out**
- **Seeing Multiple perspectives**
- **Understanding interconnected and embedded nature of complex issues.**
- **Accepting the adaptive nature of the system**
- **Recognising that the dynamic system structure generates behaviour**
- **Includes beliefs and values that affect reality**



Systemau Cymhleth

Complex Systems

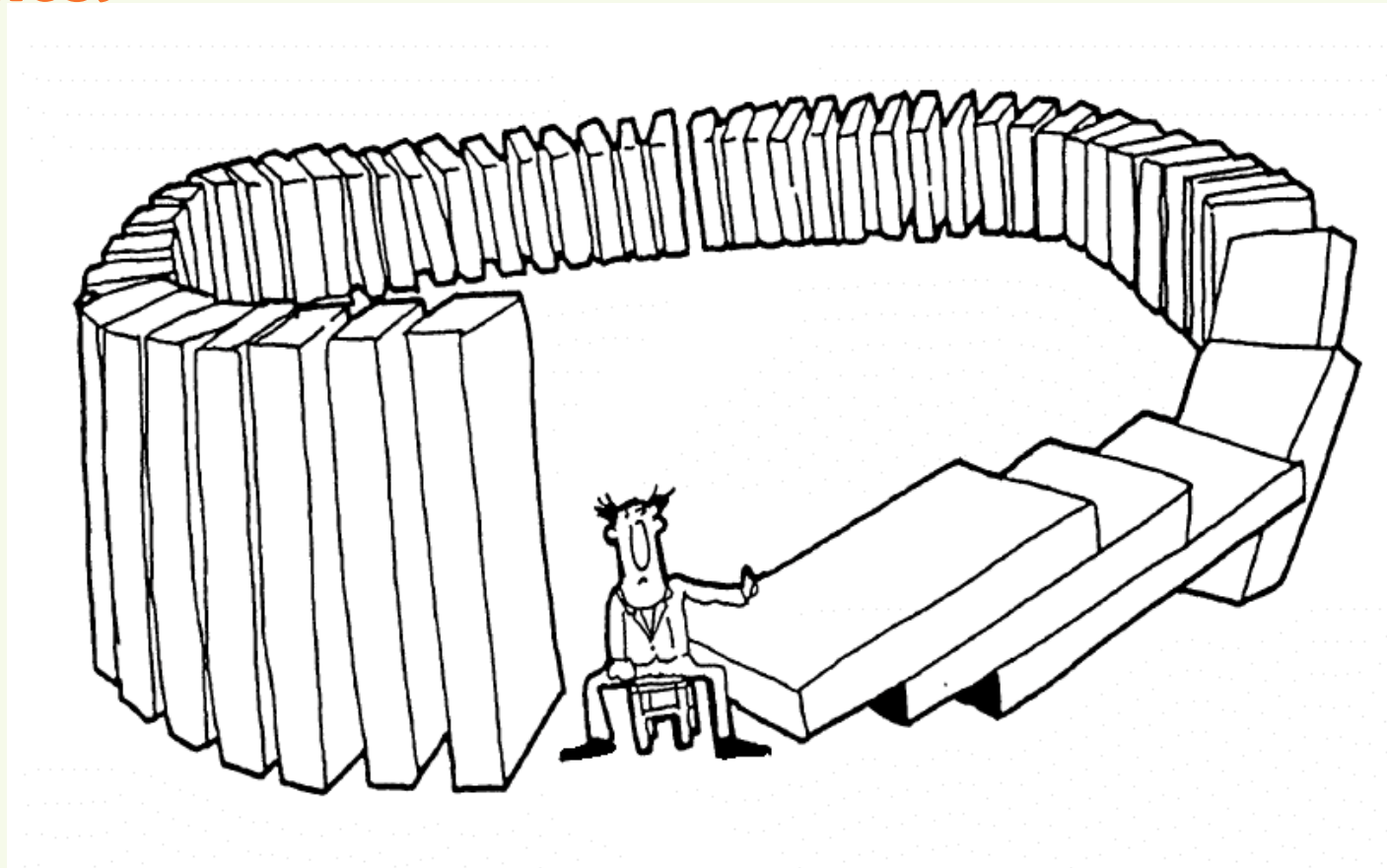
- Dynamig a newidiol
- Aflinol

- Dynamic and changing
- Non linear



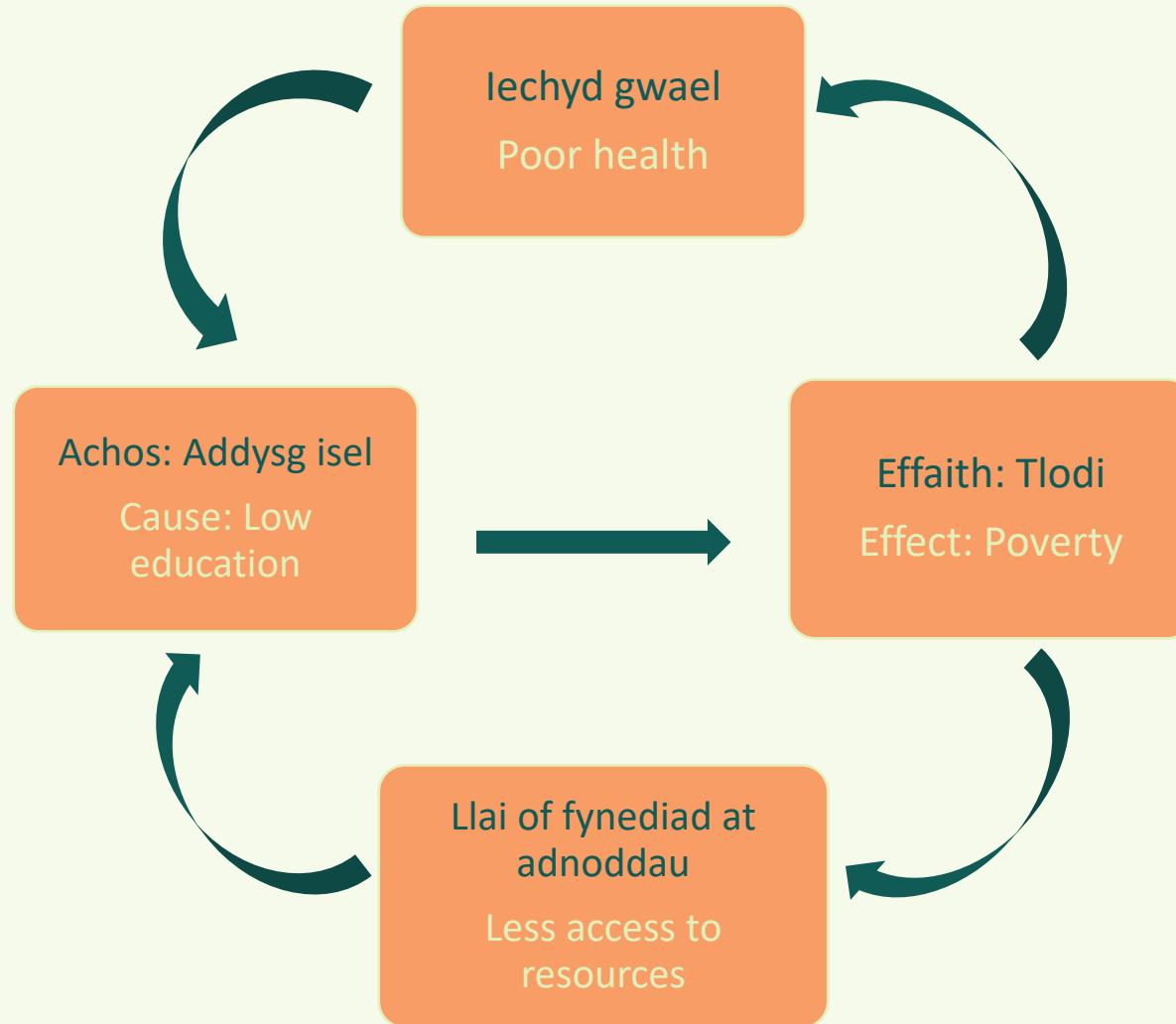
Canlyniadau Unintended Bwriadol ac Anfwriadol Consequences

Intended and



Effaith Atgeyfnerthu

Reinforcing Effect



**Mae gan wyddor systemau hanes
hir**

**Rydym yn parhau yn y dyddiau
cynnar o ddyfalu ei botensial
mewn iechyd cyhoeddus.**

Mae ymarfer ar y blaen i ymchwil.

**Mae angen i ni ddeall yn well ar y
cyd beth sy'n digwydd i
ddatblygu'r maes.**

**Systems science has a long
history**

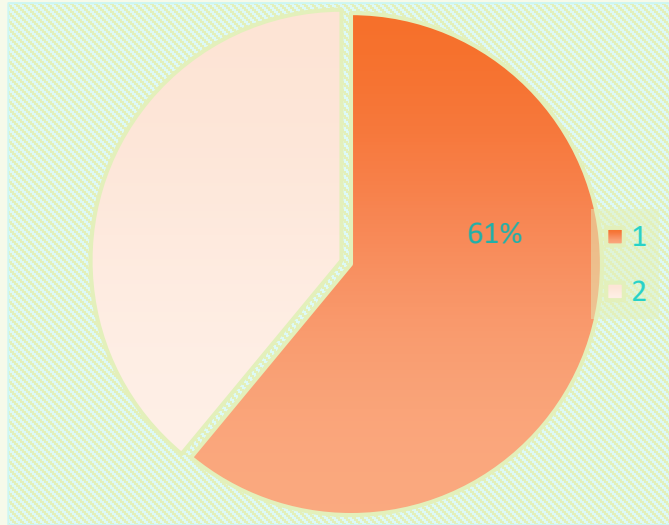
**Still in the early days of figuring
out its potential in public
health.**

Practice is outpacing research.

**We need to collectively better
understand what is going on to
advance the field.**



Yr Her



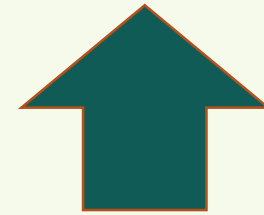
Mae >60% o oedolion yng Nghymru dros eu pwysau neu'n ordew

>60% Adults in Wales

The Challenge

2030

1.63 M



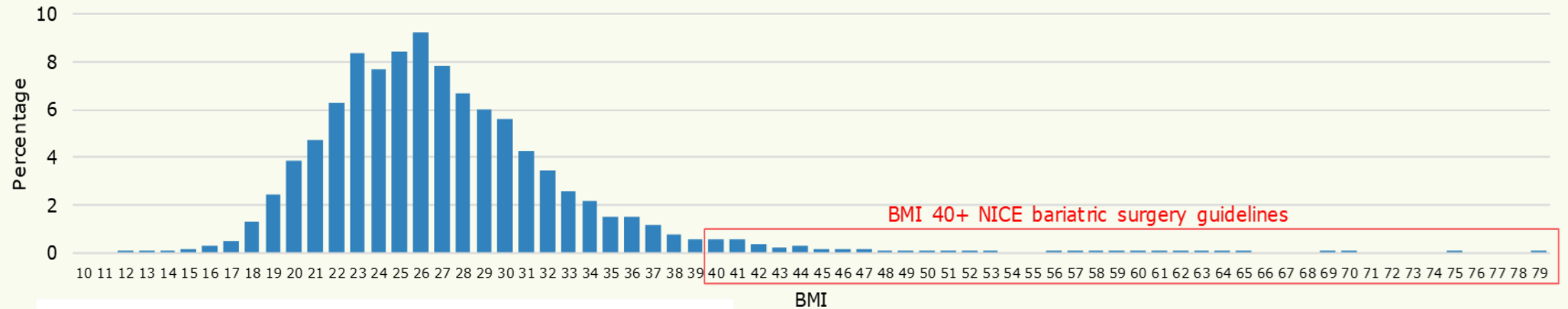
Mae cyfraddau

Rates



BMI distribution*, adults aged 16+, observed percentage, Wales, 2015

Produced by Public Health Wales Observatory, using WHS (WG)



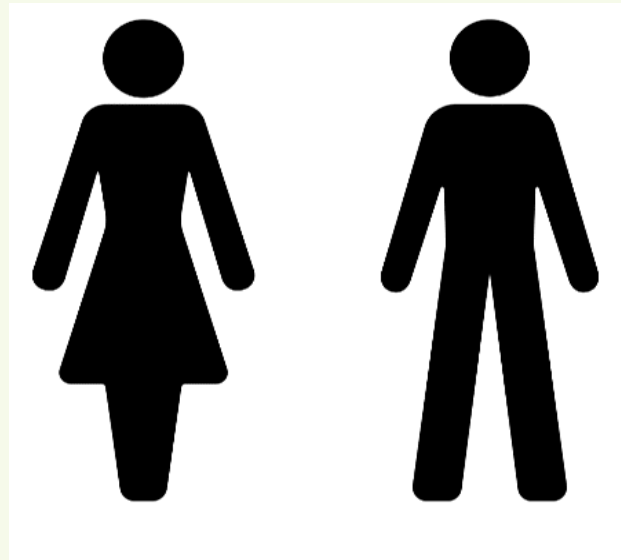
*BMI has been rounded to the nearest whole number



Yr Her, parhad

67% yn yr ardaloedd mwyaf difreintiedig o'i gymharu â 57% yn yr ardaloedd lleiaf difreintiedig)

cont



55%

67%

The Challenge,

67% in most deprived vs 57% in the least deprived



Pwysau Iach: Cymru Iach Y Strategaeth (2019)

Pwysau Iach: Cymru Iach yw strategaeth hirdymor Llywodraeth Cymru i atal a lleihau gordewdra.

Mae'n cynnwys pedair thema:

- Amgylcheddau Iach
- Lleoliadau Iach
- Pobl Iach
- Arweinyddiaeth a Galluogi Newid



Healthy Weight: Healthy Wales The Strategy (2019)

- **Healthy Weight: Healthy Wales is a Welsh Government strategy which focuses upon the prevention and reduction of obesity.**
- **It is made up of four themes:**
- **Healthy Environments**
- **Healthy Settings**
- **Healthy People**
- **Leadership & Enabling Change**

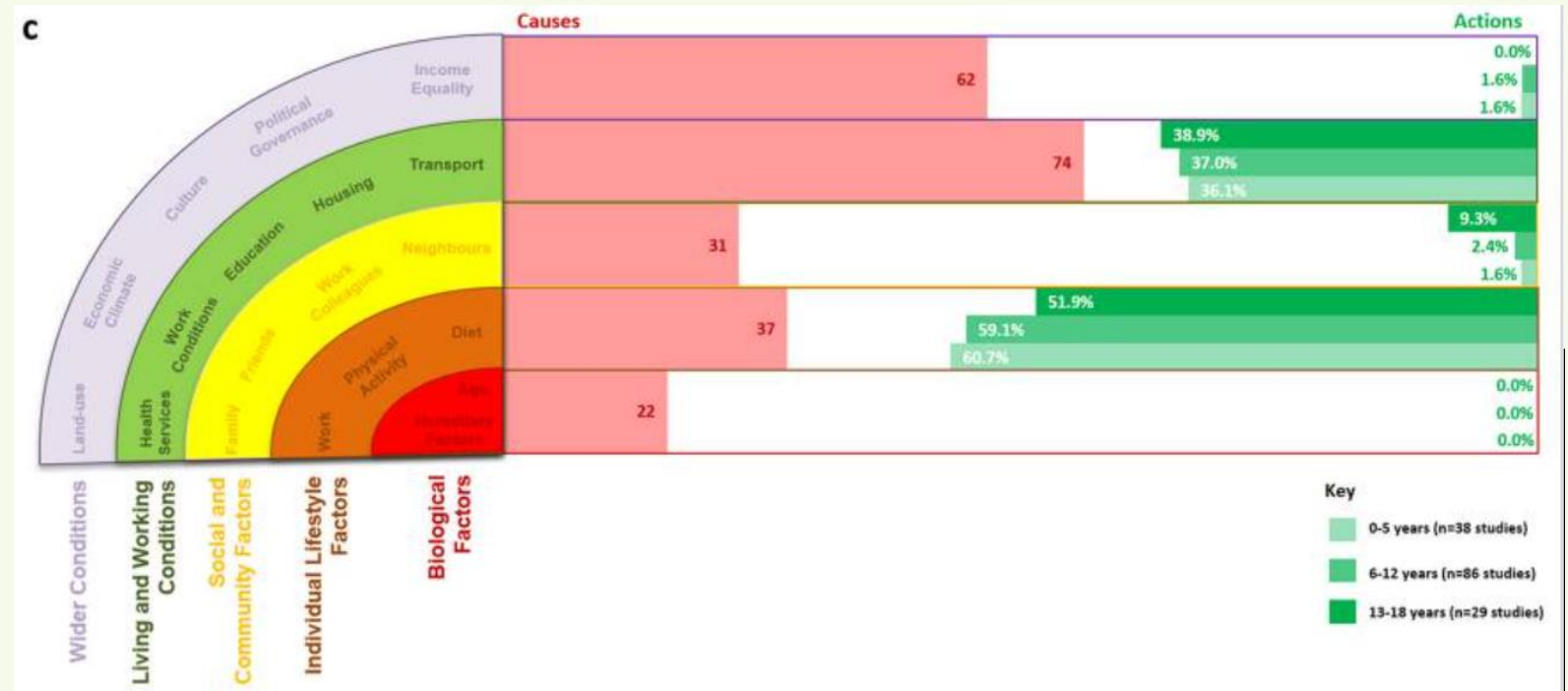


Her mynd i'r afael â gordewdra obesity

Challenge of addressing

Canolbwyntio ar yr unigolyn a'i ffordd o fyw (polisiau, arferion ac ymchwil)

Focus on the individual and lifestyle (policies, practices and research)



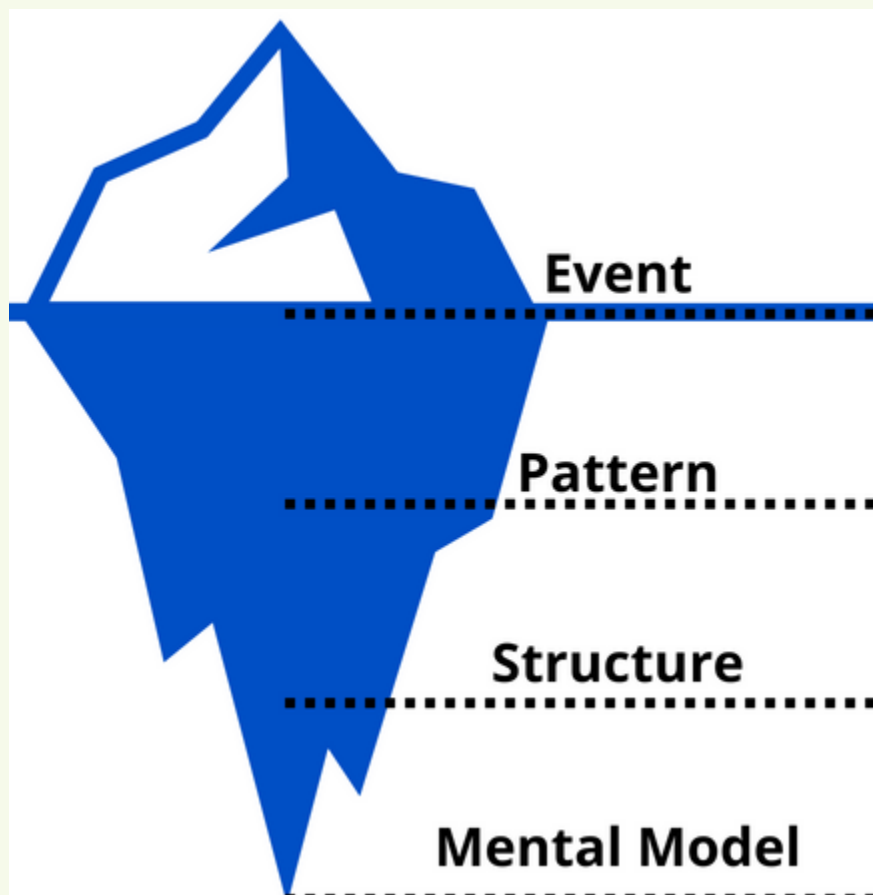
Y Model Mynydd Iâ

The Iceberg Model

Mae ymyriadau yn digwydd ar y lefel hon



Mae newid ar draws y system neu ar lefel y boblogaeth yn digwydd yma



Interventions happen at this level



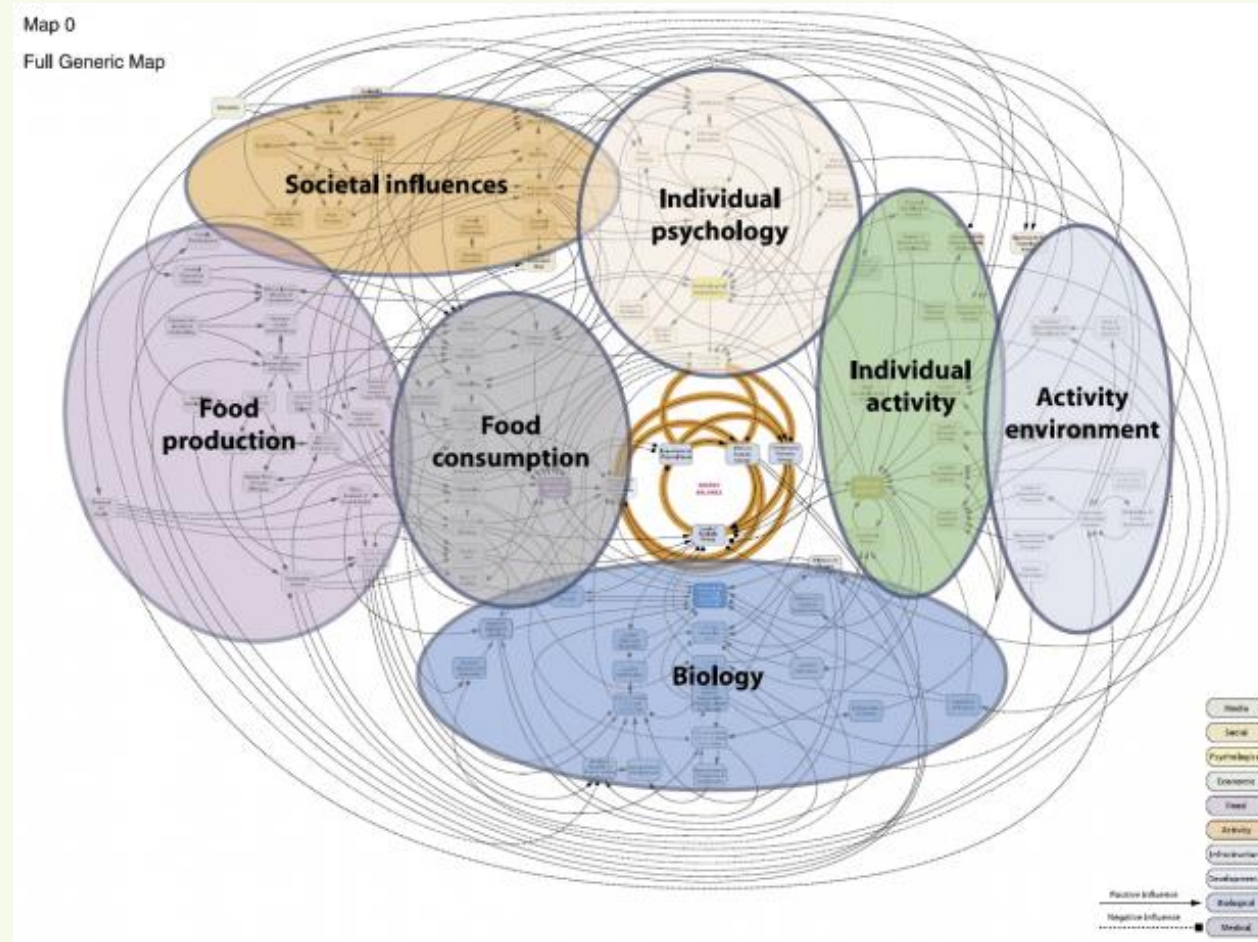
System-wide or population-level change happens here



Ymgysylltu a Systemau Strategol Important

Why Systems Working is

Map Foresight (2008) yn dangos y dylanwadau ar ordewdra



Foresight Map (2008) showing the influences on obesity



Dull System Gyfan o Bwysau Iach yng Nghymru

Mae'r rheini sy'n ystyried

**'y ffactorau sbarduno amffactorol [gorb
wysau a gordewdra] yn
cynnwys gweithredu
cydlynol trawsnewidiol ar draws ystod
eang o ddisgyblaethau a rhanddeiliaid,
gan weithredu ar draws pob lefel o
lywodraethu a thrwy gydol oes'**

- **Ymgorfforwyd y dull yn strategaeth**
- **Cytunwyd ar gyllid i gyflawni ar lefel
genedlaethol a rhanbarth Bwrdd Iechyd**

Whole Systems Approach in Wales

A WSA has been defined as

**'those that consider the multi-factorial drivers
of overweight and obesity, involve
transformative co-ordinated action across a
broad range of disciplines and stakeholders,
operating across all levels of governance and
throughout the life course'**

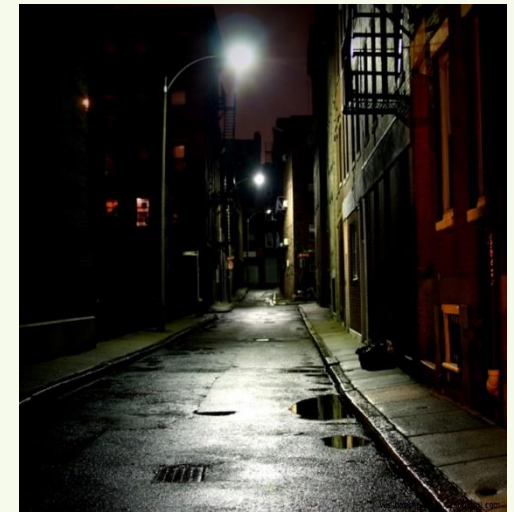
- **Approach embedded within the strategy**
- **Funding to deliver at a national and Health
Board region level**







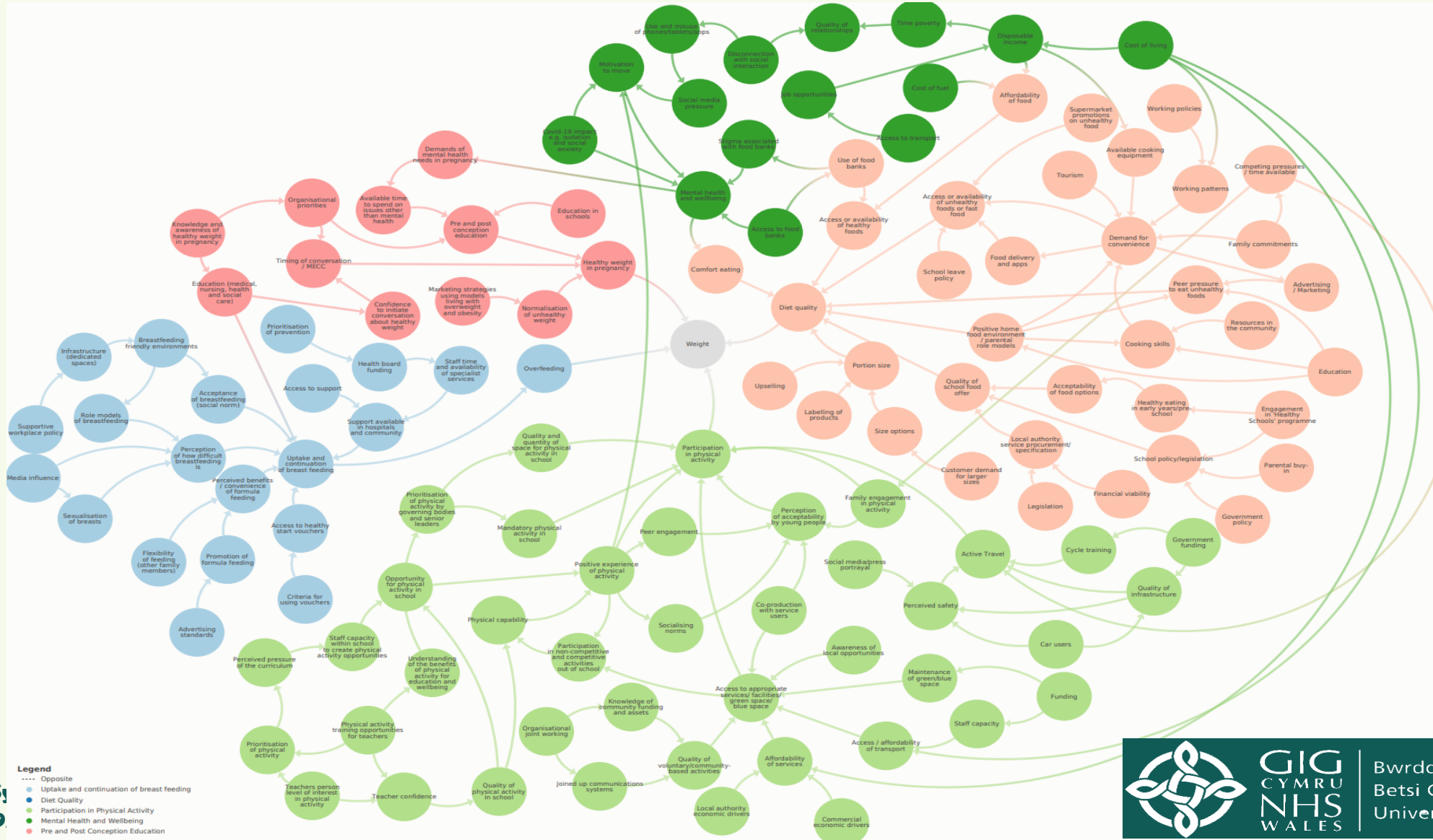






Map System: Achosion Pwysau afiach

System Map: Causes of Unhealthy Weight



Dull Stryd
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Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Cam 4 Ymgysylltu A'r System

Step 4 System Engagement

ABUHB

5 Engagement Workshops (81 people, 10 organisations)

1 Priority Setting Workshop (35 people)

LPHT Systems Learning and Development Workshop (37 people)

Engagement reports shared widely

BCUHB

6 workshops (64 attended, 27 organisations)

Priority setting workshop (40 people, 17 organisations)

C&VUHB

MMEW Showcase and sharing practice event (44 attendees)

Amplifying Prevention* workshop (approx. 30 attendees)

Healthier Advertising Event (15 attendees)

Educational settings workshop (20 attendees)

Whole System Approach training (38 attendees)

CTMUHB

2 System engagement events held (52 people)

Engagement reports shared widely

HD&SBUHB

5 system mapping workshops held across the PSB (approx. 50 attendees)

Powys THB

2 System engagement events held

Engagement reports shared widely



Cam 5 Blaenoriaethau a Nodau

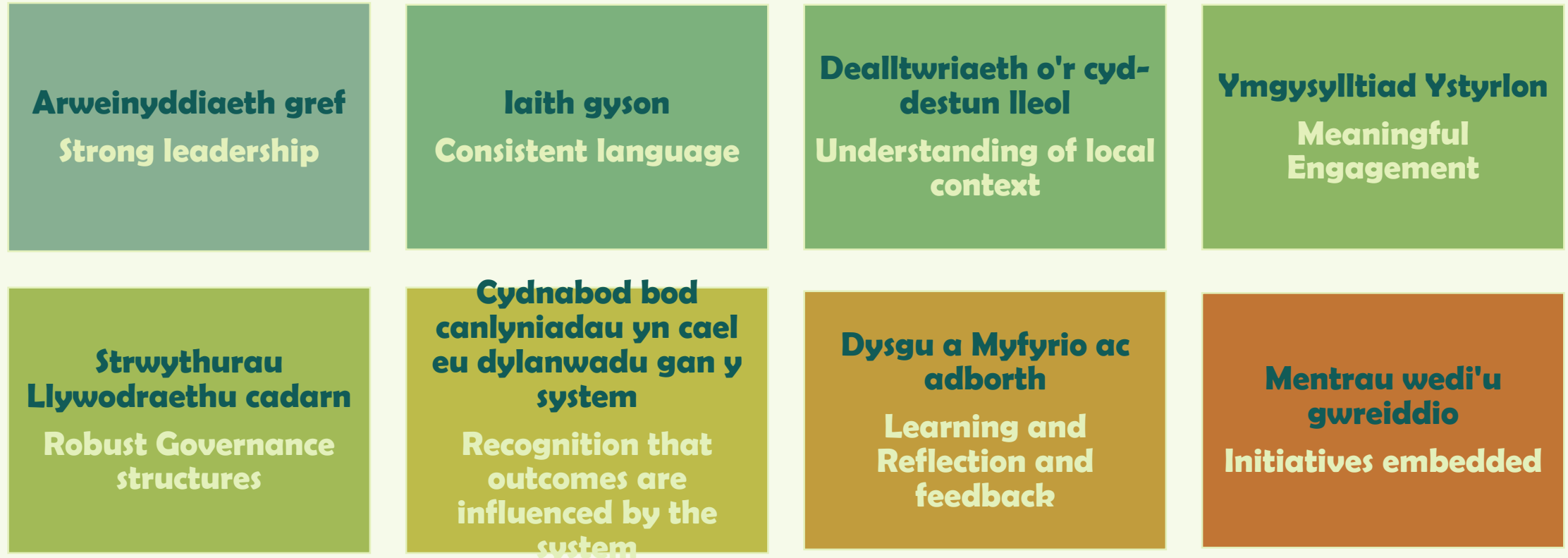
Step 5 Priorities and Goals (emerging)

Bwrdd Iechyd Health Board	Cytunwyd ar Themâu â Blaenoriaeth, System flaenoriaeth eto i'w chreu Priority Themes agreed, Priority system still to be finalise	
ABUHB	Mynediad at fwyd iachach i deuluoedd blynyddoedd cynnar 0-7 oed Access to healthier food for early years families aged 0-7	
BCUHB	<ul style="list-style-type: none"> • Mynediad at fwyd fforddiadwy ac iach • Bwyta'n dda a bod yn egnïol yn y gweithle • Bwyta'n dda a bod yn egnïol mewn ysgolion 	<ul style="list-style-type: none"> Access to affordable and healthy food Eating well and being active in workplaces Eating well and being active in schools
C&VUHB	Hysbysebu a Marchnata Iachach (ffocws cychwynnol ar BIP, Cyngor Caerdydd a Chyngor Bro Morgannwg) Healthier Advertising and Marketing (initial focus on UHB, Cardiff Council and Vale of Glamorgan Council)	
CTMUHB	<ul style="list-style-type: none"> • Mynediad babanod a phlant at fwyd o ansawdd da • Dyluniad a defnydd Mannau Cymunedol 	<ul style="list-style-type: none"> Babies and children's access to good quality food The design and use of Community Spaces
HD & SBUHB	Cyfarfodydd pellach wedi'u trefnu yn ystod yr haf i bennu'r themâu Further meetings planned for the summer to draw out themes.	



Prif Nodweddion ar gyfer Dull System Gyfan Approach

Key Features for a Whole Systems



Yn seiliedig ar Garside 2010

Based on Garside

2010

Dull System Gyfan o Bwysau Iach yng Nghymru PHNC Whole Systems Approach to Healthy Weight in Wales

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Camau Gweithredu'r System Genedlaethol:

- Cynhaliwyd y digwyddiad cenedlaethol i randdeiliaid strategol cyntaf
- Digwyddiadau strategol:
 - System Gynllunio
 - Dull Systemau Cyfan Cymru

National System Actions:

- 1st National Strategic stakeholder event held
- Strategic events:
 - Planning System
 - Whole Systems Approach Wales



Mae gweithio systemau yn hyrwyddo:

- Gweledigaeth, iaith ac agenda ar y cyd
- Blaenoriaethau a nodau cyffredin
- Alinio mesurau llwyddiant
- Cyfathrebu cynyddol a gwell, sy'n meithrin ymddiriedaeth a chymhelliant
- cynllun gweithredu cyd-atgyfnerthol

Mae cyllid LIC i lechyd y Cyhoedd yn darparu cymorth 'ystafell gefn' i gydlynu'r ffordd lechyd y Cyhoedd hon o weithio



Systems working promotes:

- Shared vision, language and agenda
- Common priorities and goals
- Alignment of measures of success
- Increased and improved communication, building trust and motivation
- mutually reinforcing plan of action

WG funding to Public Health provides 'backroom' support to coordinate this Public Health way of working



Gwerth Dull Cymru

- **Ffocws a phwrpas**
- **Dull strategol sy'n cysylltu'r lefel leol, ranbarthol a chenedlaethol**
- **Mwy o berthnasoedd a chysylltiadau**
- **Gwerth o fapio partneriaethau strategol ac achosion/materion**
- **Arweinyddiaeth systemau yn dod yn sefydledig**

Value of the Wales Approach

- **Focus and purpose**
- **Strategic approach connecting local, regional and national level**
- **Relationships and connections increasing**
- **Value from mapping of strategic partnerships and causes/issues**
- **Systems leadership becoming established**



Gwybodaeth Bellach

Further Information

- **Donella Meadows** <https://donellameadows.org/archives/leverage-points-places-to-intervene-in-a-system/>
- **The ENCOMPASS Framework** Luna Pinzon, A., Stronks, K., Dijkstra, C. et al. The ENCOMPASS framework: a practical guide for the evaluation of public health programmes in complex adaptive systems. Int J Behav Nutr Phys Act 19, 33 (2022). <https://doi.org/10.1186/s12966-022-01267-3>
- **Whole Systems Approach to obesity, PHE,(2019)** <https://www.gov.uk/government/publications/whole-systems-approach-to-obesity>.
- **Actions Scales Model** Nobles JD, Radley D, Mytton OT; Whole Systems Obesity programme team. The Action Scales Model: A conceptual tool to identify key points for action within complex adaptive systems. Perspect Public Health. 2022 Nov;142(6):328-337.
- **WHO guidance** <https://www.who.int/europe/publications/m/item/systems-thinking-for-noncommunicable-disease-prevention-policy>
- **Systems thinking for civil servants** <https://www.gov.uk/government/publications/systems-thinking-for-civil-servants>



Unrhyw gwestiynau?



Any questions?



Cysylltiadau Prif Arweinydd Lleol contacts for the ar gyfer y Dull System Gyfan o Approach to Bwysau Iach Healthy Weight

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