

# ‘Gwent Teg i Bawb’: Dod yn rhanbarth Marmot

**Gweminar Rhwydwaith Iechyd  
Cyhoeddus Cymru  
9 Mai 2024**

**Stuart Bourne**  
Ymgynghorydd mewn Iechyd Cyhoeddus  
Bwrdd Iechyd Prifysgol Aneurin Bevan

‘Mae bod yn wirioneddol  
radical yn golygu gwneud  
gobaith yn bosibl yn  
hytrach nag anobaith yn  
argyhoeddiadol.’

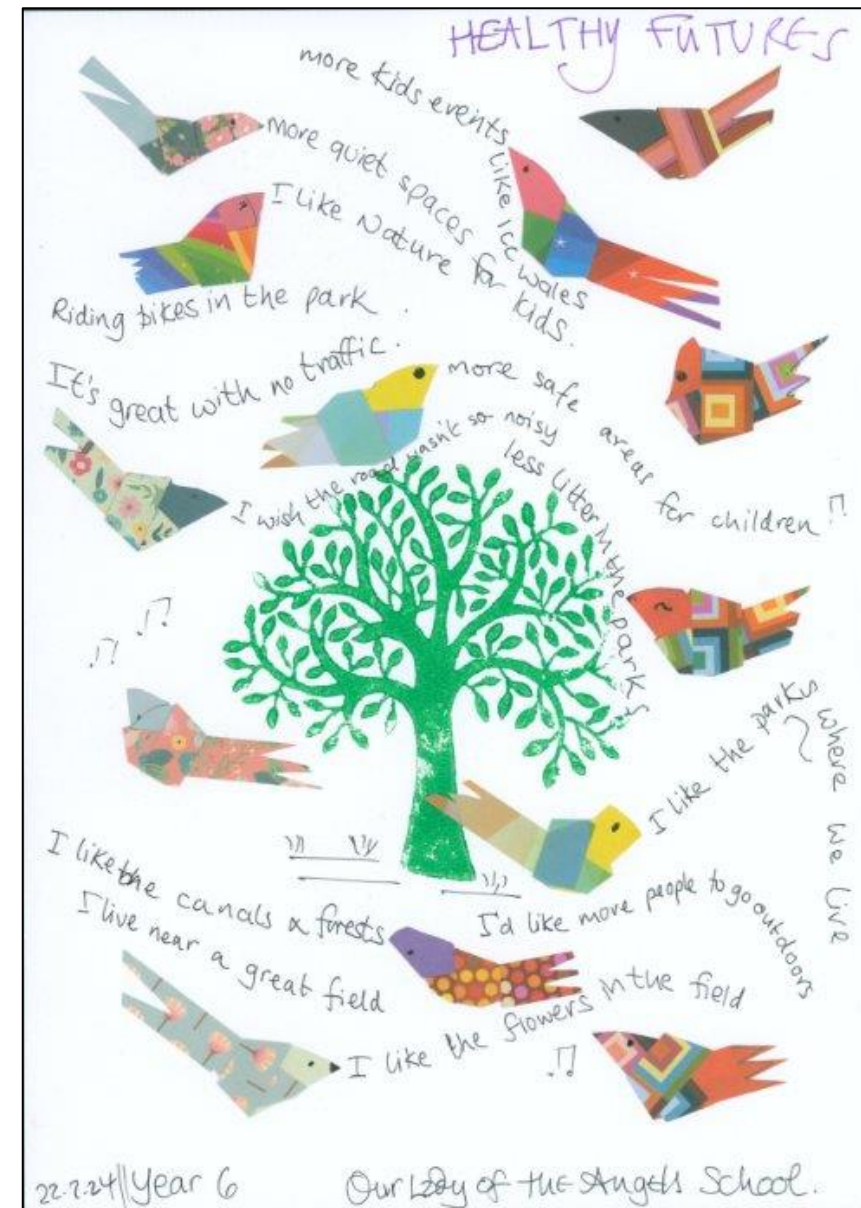
- Raymond Williams

# I gwmpasu:

- Pam y daeth Gwent yn Rhanbarth Marmot
- 'Gwent Teg i Bawb'
- Gwersi a ddysgwyd



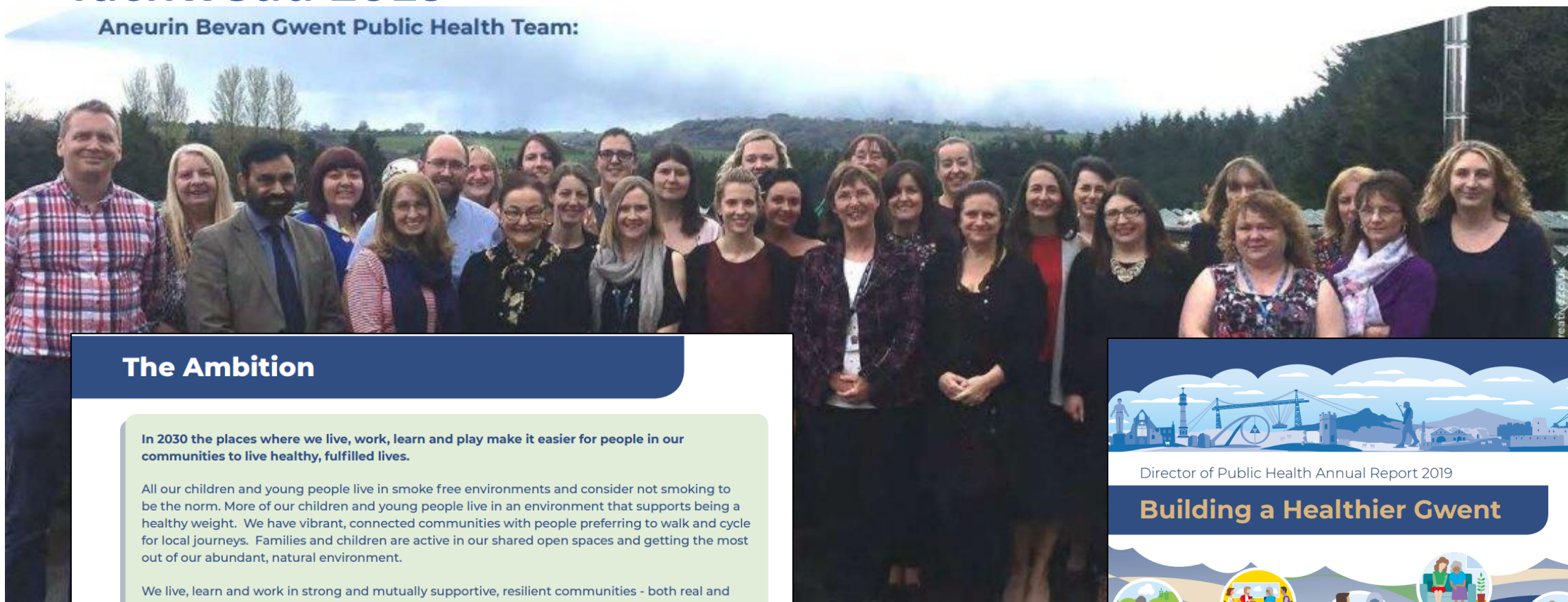
# 1. Pam y daeth Gwent yn Rhanbarth Marmot





# Tachwedd 2019

Aneurin Bevan Gwent Public Health Team:



## The Ambition

**In 2030 the places where we live, work, learn and play make it easier for people in our communities to live healthy, fulfilled lives.**

All our children and young people live in smoke free environments and consider not smoking to be the norm. More of our children and young people live in an environment that supports being a healthy weight. We have vibrant, connected communities with people preferring to walk and cycle for local journeys. Families and children are active in our shared open spaces and getting the most out of our abundant, natural environment.

We live, learn and work in strong and mutually supportive, resilient communities - both real and virtual. We are taking concerted action to improve mental wellbeing because we understand that there is no health without good mental health.

All partners are focussing their collective efforts on the main things that create greater equity, and we are starting to see greater equity in the determinants of health. **Building A Healthier Gwent** is at the heart of what we all do.



## Hydref 2021

Sefydlu Bwrdd Gwasanaethau Cyhoeddus Gwent.  
Dangosyddion Marmot wedi'u hymgorffori yn Asesiad Llesiant Gwent.

## Rhagfyr 2021

“Bydd anghydraddoldebau’n parhau i ehangu heb weithredu cydunol a pharhaus i roi’r pethau sy’n gweithio i leihau anghydraddoldebau ar waith.”

“Byddai dod yn Rhanbarth Marmot yn ddatganiad o fwriad i roi camau gweithredu seiliedig ar dystiolaeth ar waith i leihau anghydraddoldebau iechyd a gallai fod yn gam nesaf naturiol i adeiladu ar fabwysiadu Egwyddorion Marmot a monitro cynnydd trwy set Dangosyddion Marmot.”



### Gwent Becoming a Marmot Region

#### Situation

At the Gwent Public Service Board (the PSB) meeting on 1<sup>st</sup> October 2021, the PSB considered the available indicators of health inequalities and agreed to incorporate them into the Gwent Wellbeing Assessment process. The indicator sets considered and discussed by the PSB included the original set of Marmot Indicators, which prompted a discussion about the possibility of becoming a Marmot Region.

The purpose of this paper is to ask the PSB to agree that the six Marmot principles should be the framework for action to reduce health inequalities across Gwent and to agree to formally open discussions with the Institute of Health Equity about the potential benefits of working with them as a Marmot Region.

#### Background

The original 'Marmot Review' of health inequalities in England 'Fair Society, Healthy Lives' (2010) proposed six principles that if followed would lead to a reduction in health inequalities. The Building a Healthier Gwent (2019) report incorporated those principles which are:

The Marmot report identified 6 guiding principles for achieving greater equity of health:<sup>2</sup>

1. giving every child the best start in life
2. enabling all children, young people and adults to maximize their capabilities and have control over their lives
3. creating fair employment and good work for all
4. ensuring a healthy standard of living for all
5. creating and developing sustainable places and communities
6. strengthening the role and impact of ill-health prevention.

# Mawrth 2022

Argymhelliad:

Mae Byrddau Gwasanaethau Cyhoeddus (BGC) Gwent yn cytuno i ddod yn 'Rhanbarth Marmot' ac i weithio gyda Sefydliad Tegwch Iechyd UCL er mwyn llywio datblygiad Cynllun Llesiant Gwent.

Cam Gweithredu:

Cytunodd y BGC yn unfrydol i'r argymhelliad.

## Proposal: Gwent Becoming a 'Marmot Region' ('Gwent: a Marmot Region')

### Situation

At the Gwent Public Services Board (the PSB) meeting on 7th December 2021, the PSB agreed that the six 'Marmot Principles' (see Box 1 on page 2) should be the framework for action to reduce health inequalities across Gwent, and to formally open discussions with the UCL Institute of Health Equity (the Institute) about the potential benefits of working with them on Gwent becoming a 'Marmot Region'. The purpose of this paper is to present a proposal on a collaboration with the Institute of Health Equity for consideration by the PSB.

### Background

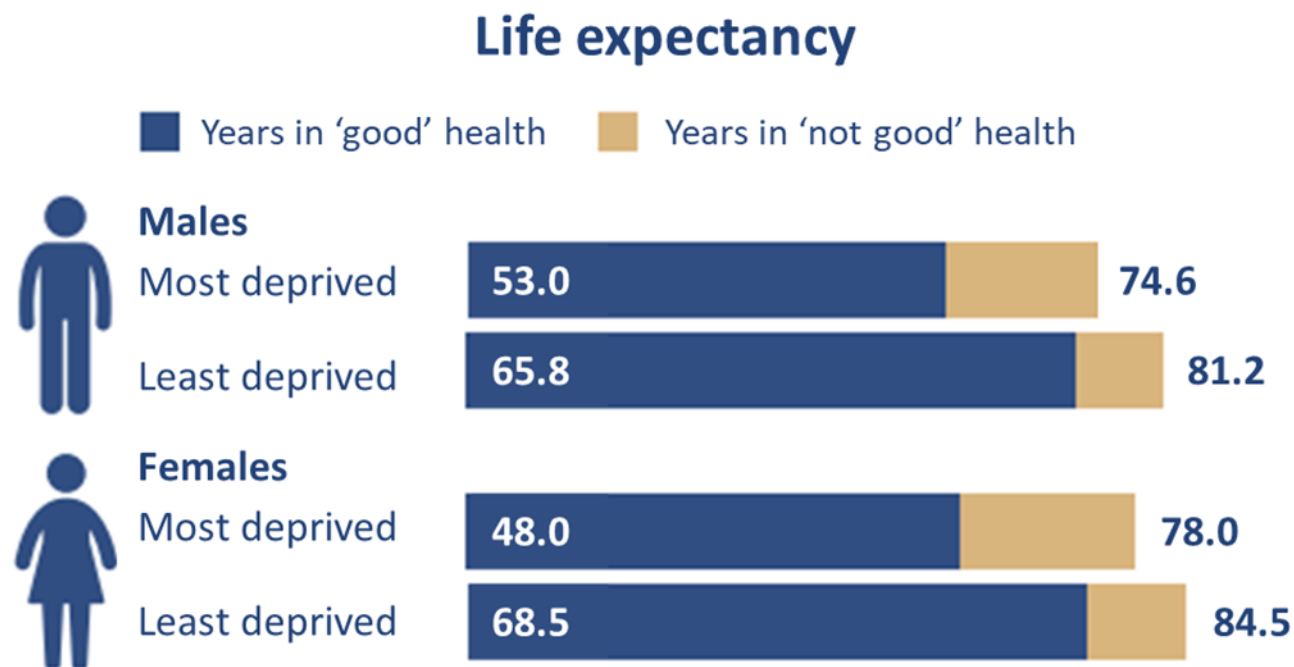
The Well-being of Future Generations (Wales) Act 2015 provides the legislative and policy landscape to give our current and future generations a good quality of life by enabling action to tackle challenges including climate change, poverty, poor health and well-being, coronavirus, improving jobs and increasing economic activity.

The Director of Public Health Annual Report 2019, '*Building a Healthier Gwent*', described the scale of the strategic challenge to reduce health inequalities across Gwent.<sup>1</sup> For people in all communities in Gwent to live healthy, fulfilled lives, means reducing the inequality gap in the number of years lived in good health between the most and least deprived communities. Over the period 2017-20, this difference was 10.5 years for males, and 9.1 years for females. Over the same period, one area of Gwent had the lowest healthy life expectancy for men and the second lowest for women in Wales.<sup>2</sup>

The (draft) Gwent Well-being Assessment 2022 highlights the significant inequalities across communities in Gwent, including health inequalities, but also educational attainment, accessing good employment, and home ownership. The assessment highlights a range of challenges which could widen inequalities across Gwent, including the climate and nature emergencies, Covid-19 pandemic, and Britain's exit from the European Union (increasingly referred to as the 'triple challenge').<sup>2</sup>

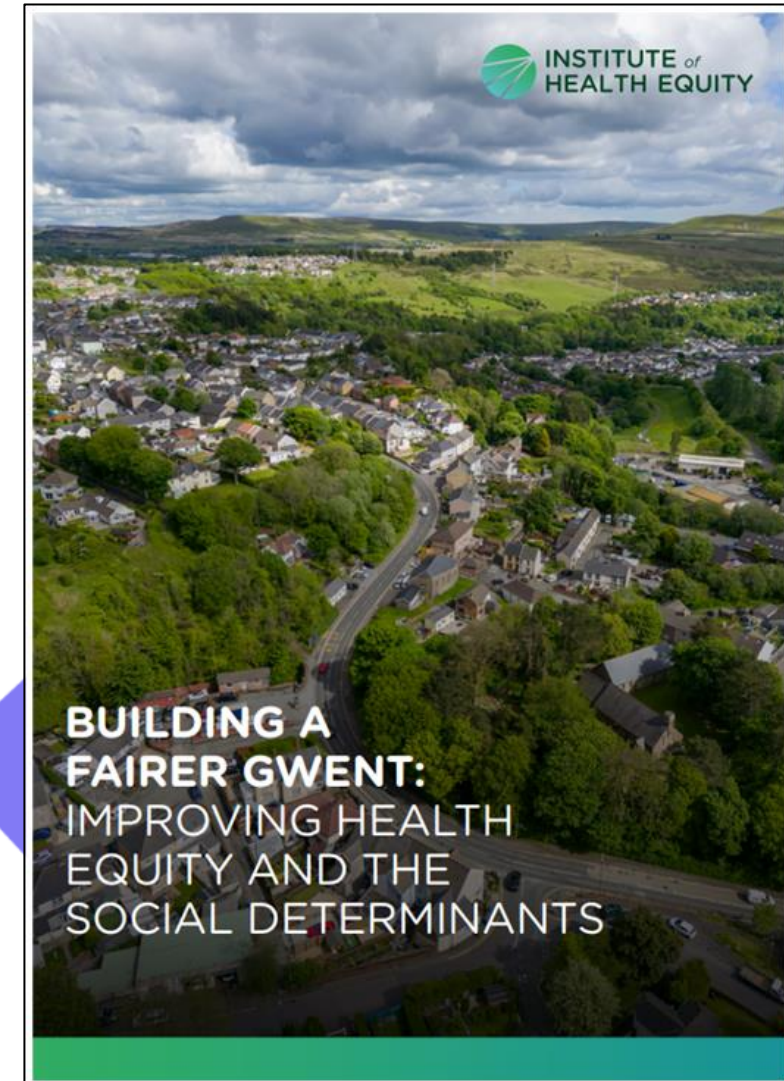
Research published in The BMJ in February 2022, by Université de Paris and University College London (UCL), provides one example of the business case for acting on health inequalities through taking preventative action. Using the cohort of Professor Marmot's 'Whitehall II' study of British civil servants, this research has found an association between the age at onset of co-morbidity and the incidence of dementia, with the strongest associations seen in those with co-morbidities at age 55. In particular, people with three or more chronic conditions at age 55 had a nearly five-fold higher risk of dementia. This is a highly relevant piece of evidence because of the personal and societal implications of dementia and the current lack of effective treatment.<sup>3</sup>

# Dosbarthiad ac effaith anghydraddoldeb economaidd-gymdeithasol: Disgwyliad oes ac oes iach 2018-20





## 2. 'Gwent Teg i Bawb'





## Cynllun Llesiant BGC Gwent, 2023-28:

Dau amcan strategol:

- 1. Rydym am greu Gwent fwy teg, cyfiawn a chynhwysol i bawb.**
- Rydym eisiau Gwent sy'n barod ar gyfer yr hinsawdd, lle mae ein hamgylchedd yn cael ei werthfawrogi a'i warchod, er budd ein llesiant nawr ac ar gyfer cenedlaethau'r dyfodol.

Pum cam:

1. Cymryd camau i leihau'r argyfwng costau byw yn y tymor hwy.
2. Darparu a galluogi cyflenwad o gartrefi fforddiadwy, priodol o ansawdd da.
3. Cymryd camau i leihau ein hallyriadau carbon, helpu Gwent i addasu i newid yn yr hinsawdd, a diogelu ac adfer ein hamgylchedd naturiol.
- 4. Cymryd camau i fynd i'r afael ag anghydraddoldebau, yn enwedig mewn perthynas ag iechyd, drwy fframwaith Egwyddorion Marmot.**
5. Galluogi a chefnogi pobl, cymdogaethau a chymunedau i fod yn wydn, yn gysylltiedig, i ffynnu ac i fod yn ddiogel.

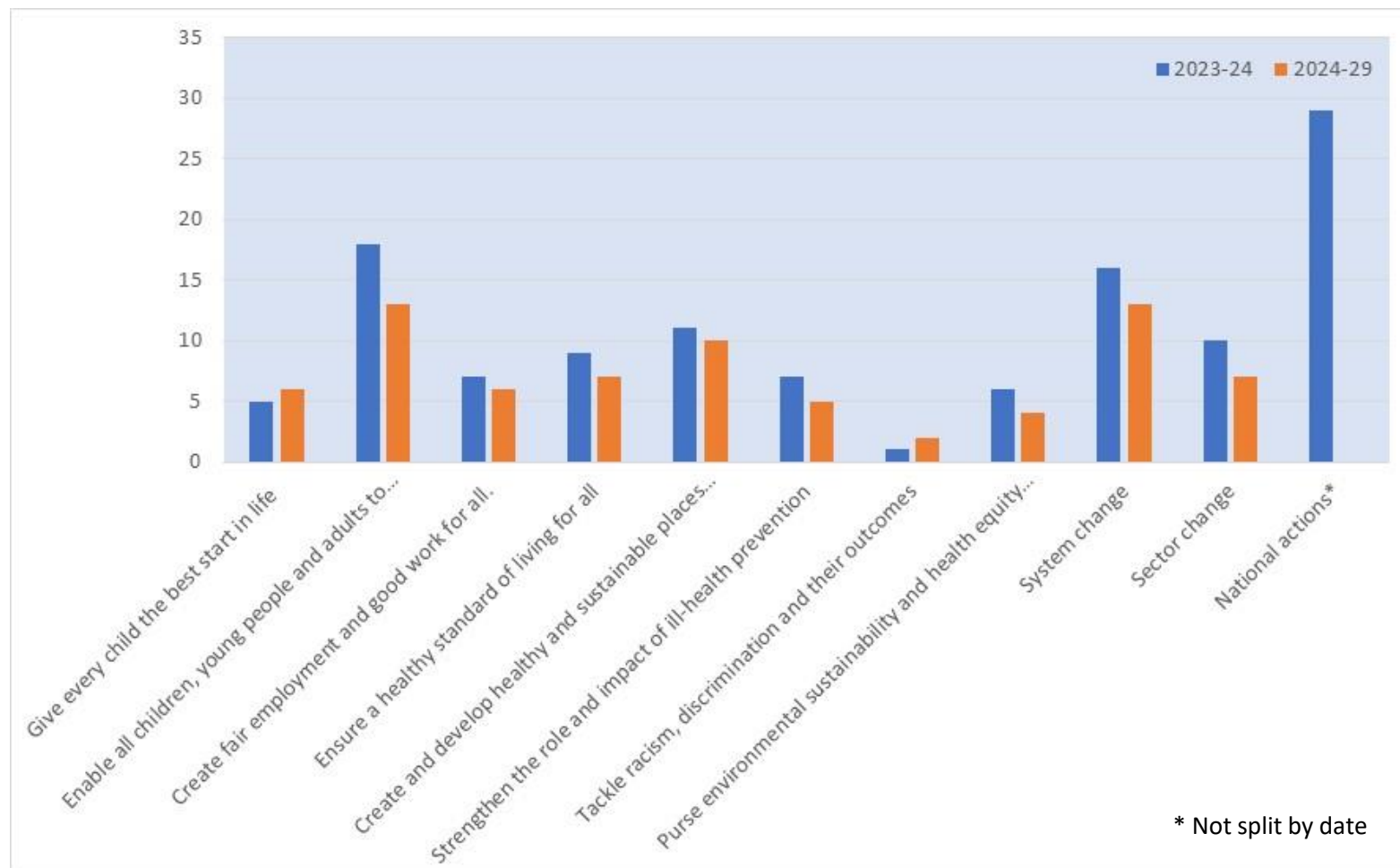
## Yr argymhellion: mewn niferoedd

192 o argymhellion:

- 119 yn 2023-24
- 73 yn 2024-29

Wedi'i rannu yn ôl thema:

- 117 o Egwyddorion Marmot
- 29 o Newidiadau System
- 17 yn benodol I Sector
- 29 o weithredoedd cenedlaethol



# Rhai meysydd blaenoriaeth ar gyfer gweithredu:



## GIVE EVERY CHILD THE BEST START IN LIFE

- Improve maternity and parental leave policies.
- Address staff shortages and employ more early years staff in areas of higher deprivation.
- Increase childcare provision in areas of higher deprivation.



## ENABLE ALL CHILDREN, YOUNG PEOPLE AND ADULTS TO MAXIMISE THEIR CAPABILITIES AND HAVE CONTROL OVER THEIR LIVES

- Reduce the inequality gap in educational attainment through enhanced focus of initiatives (grants, adult education & training, volunteering & skills building healthy schools scheme, share prosperity funding, school absences, careers guidance, etc) on areas of higher deprivation
- Improve mental health support in schools
- Increase apprenticeship opportunities



## CREATE FAIR EMPLOYMENT AND GOOD WORK FOR ALL

- Public services use Job Centre Plus to recruit staff and reduce local unemployment.
- Ensure the Cardiff Capital Region Deal focuses on apprenticeship in areas of deprivation.
- Place employability staff in every DWP office.



## ENSURE A HEALTHY STANDARD OF LIVING FOR ALL

- Ensure staff are trained to identify and offer support to address poverty.
- Pay the real living wage for all roles and procurement contracts.
- Address causes of food poverty and eliminate the need for food banks.
- Work with communities to assess need for social, welfare, legal and debt advice.
- Improve financial management advice in schools and workplaces.



## CREATE AND DEVELOP HEALTHY, SUSTAINABLE PLACES AND COMMUNITIES

- Make health equity assessments a part of all planning and regeneration initiatives.
- Improve the quality of the private rented sector and develop social determinants approaches with social housing associations.
- Facilitate active transport (target new walking and cycling infrastructure; improve use of green space and local heritage; assess free bus travel) focusing on areas of deprivation.



## STRENGTHEN THE ROLE AND IMPACT OF ILL-HEALTH PREVENTION

- Deliver behavioural prevention programmes equitably.
- Ensure place-based working recognises needs in areas of higher deprivation.



## TACKLE RACISM, DISCRIMINATION AND THEIR OUTCOMES

- Gather and utilise workforce data on ethnicity, pay and grade to reduce structural racism.



## PURSUE ENVIRONMENTAL SUSTAINABILITY AND HEALTH EQUITY TOGETHER

- Reduce inequalities in access to bus and rail transport to schools and further education.
- Retrofit homes to improve thermal efficiency and reduce fossil fuel reliance/energy costs.





Draft v0.4



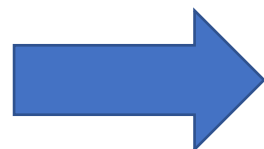
## Building a Fairer Gwent Leaders Launch Event

### Improving health equity and the social determinants: moving from plan to action

#### Event Programme

An opportunity to bring all partners together to  
move from plan to action in addressing equity,  
equality and social justice in Gwent.

Tuesday 31<sup>st</sup> October 2023, 9:30-1:00pm  
The Lysaght Institute, Orb Drive, Corporation Road,  
Newport, NP19 0RA



## Gwent Public Services Board Areas of Focus Workshops

Wednesday 28<sup>th</sup> February at the Parkway Hotel Cwmbran &  
Friday 8<sup>th</sup> March at the Bryn Meadows Resort, Blackwood  
Please select ONE venue.

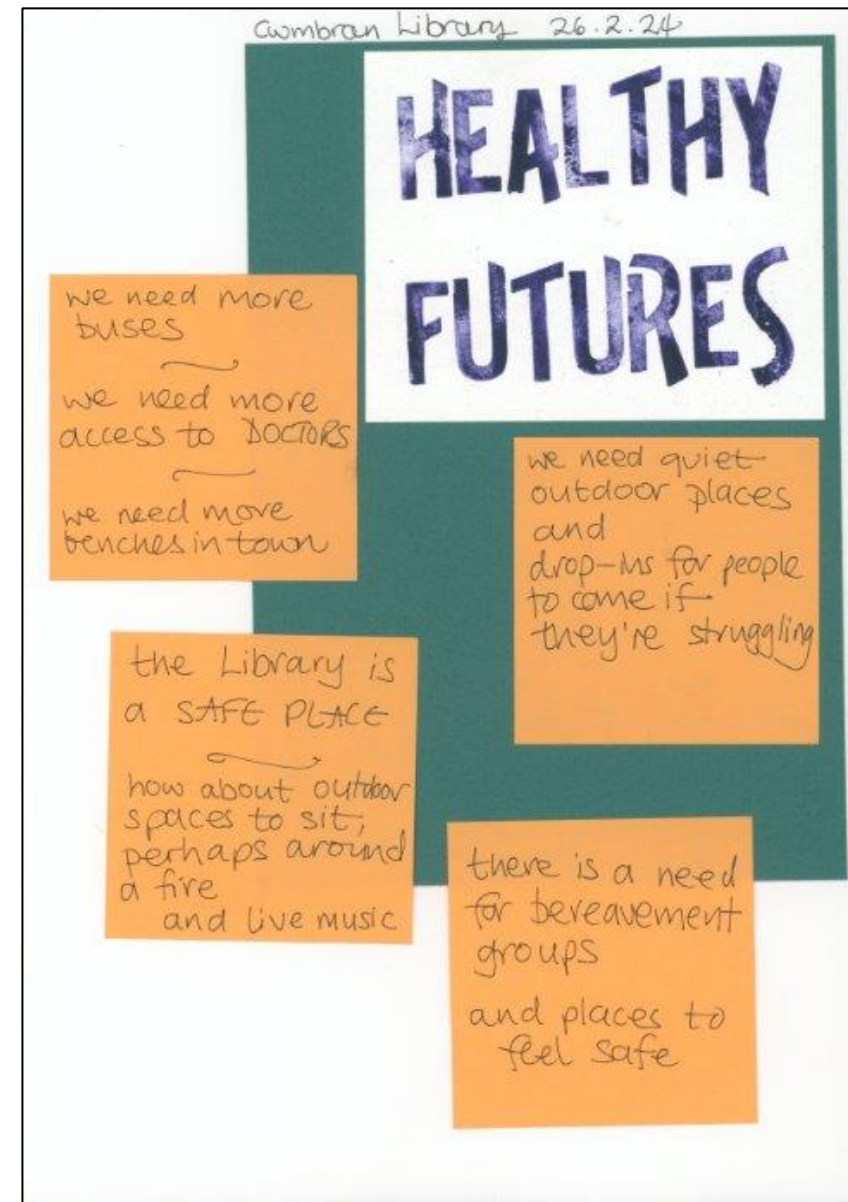
#### AGENDA

No.	Item
1	Arrival & registration – 9:30am
2	Welcome, introductions & aims and objectives.  Sarah King, <i>Head of Democratic Services, Governance &amp; Partnerships at Blaenau Gwent County Borough Council &amp; Chair of Gwent Strategic Well Being Action Group (GSWAG)</i>
3	Explanation of the workshop approach  Lyndon Puddy, <i>Head of PSSU at Torfaen County Borough Council</i>
4	<b>Session 1:</b> Confirming the regional Gwent outcome(s) for each area of focus - break into facilitated groups to work on one area of PSB priority focus -: <ul style="list-style-type: none"><li>• That every child has the best start in life</li><li>• That everyone lives in a place they feel safe</li><li>• That everyone has the same economic chances</li><li>• That everyone lives in a climate ready community where their environment is valued and protected</li></ul>
5	<b>Break</b>
6	<b>Session 2:</b> What do we need to do regionally as a group of partners to effect change?  What existing mechanisms are in place and what new approaches do we need?
7	<b>Lunch</b>

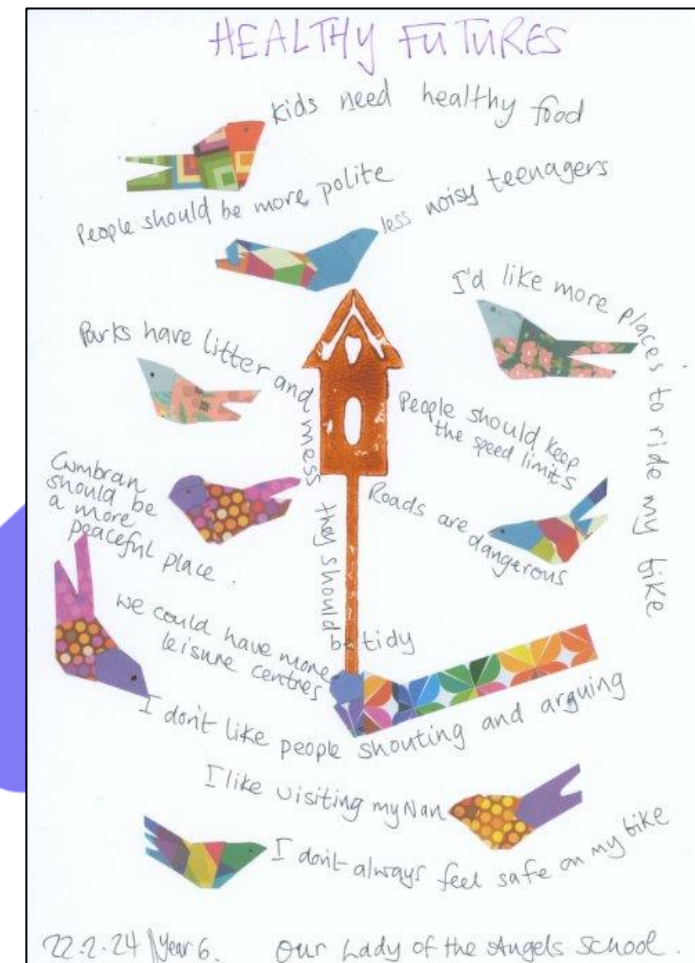


Dydd Iau 26 Ebrill  
2024

### 3. Gwersi a ddysgwyd



- Mae dod yn rhanbarth Marmot yn ddefnyddiol (ond nid yn angenrheidiol).
- Mae'n creu naratif cyffredin.
- Mae'n denu sylw.
- Mae angen arweiniad.
- Mae'n daith nid yn gyrchfan.







# Diolch

<https://www.gwentpsb.org/cy/rhanbarth-marmot-gwent/>

