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Cefnogi rheoli pwysau ôl-enedigol

Supporting Postnatal Weight Management

Dr Amrita Jesurasa

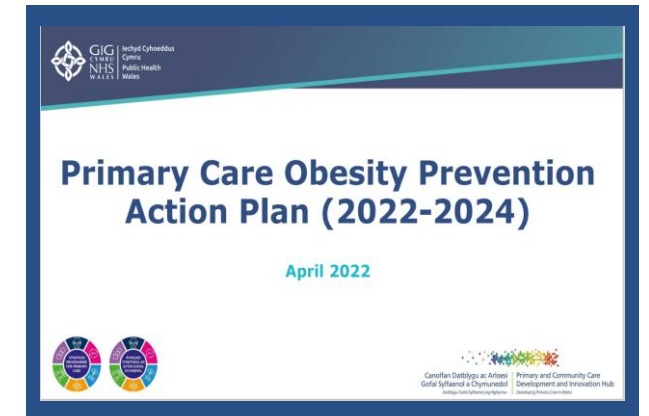
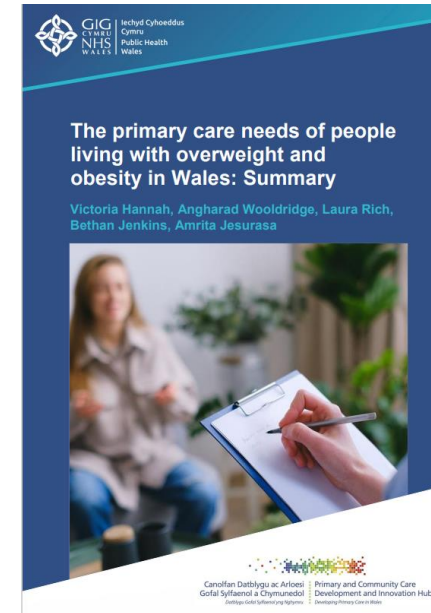
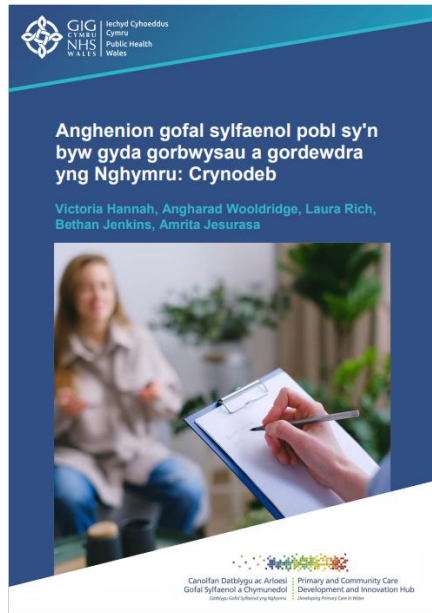
Ymgynghorydd mewn Meddygaeth
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Cefndir

Background



Cael gafael ar gymorth rheoli pwysau ar ôl geni

- Mae beichiogrwydd yn **ddigwyddiad arwyddocaol yn ystod cwrs bywyd** o ran rheoli
- Yn 2022, roedd gan 31% o fenywod beichiog yng Nghymru sgôr BMI 30kg/m² neu fwy
- Fodd bynnag, er gwaethaf nodi nifer uchel o ordewdra yn y boblogaeth hon, **nid yw menywod yn cael eu cefnogi fel mater o drefn gyda rheoli pwysau**

Accessing weight management support postnatally

- Pregnancy is a **significant event in the life course** with regards to weight management
- In 2022, **31% of pregnant women in Wales** had a BMI of 30kg/m² or greater (WG, 2023).
- However, despite identifying a high prevalence of obesity in this population, **women are not routinely supported with weight management after pregnancy**



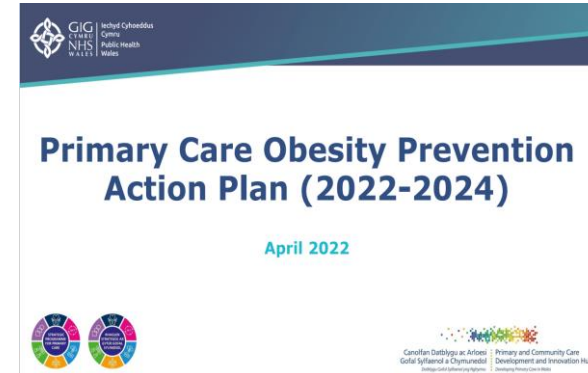
NOD 1: Y daith sy'n canolbwyntio ar yr unigolyn

Cefnogi'r daith sy'n canolbwyntio ar yr unigolyn mewn gofal sylfaenol a gofal yn y gymuned

1.1 Sefydlu ffrwd waith i ddatblygu dulliau cydgysylltiedig ar gyfer cefnogi rheoli pwysau sy'n canolbwyntio ar yr unigolyn (a'r teulu), y tu hwnt i'r cyfnod ôl-enedigol uniongyrchol

1.2 Alinio a chryfhau atal gordewdra mewn llwybrau clinigol sydd eisoes yn bodoli ar gyfer cydafiacheddau a nodwyd yn AWWMP

1.3 Alinio datblygiad y Rhaglen Atal Diabetes Cymru Gyfan gydag AWWMP



AIM 1: The person-centred journey

Supporting the person centred journey in primary and community care

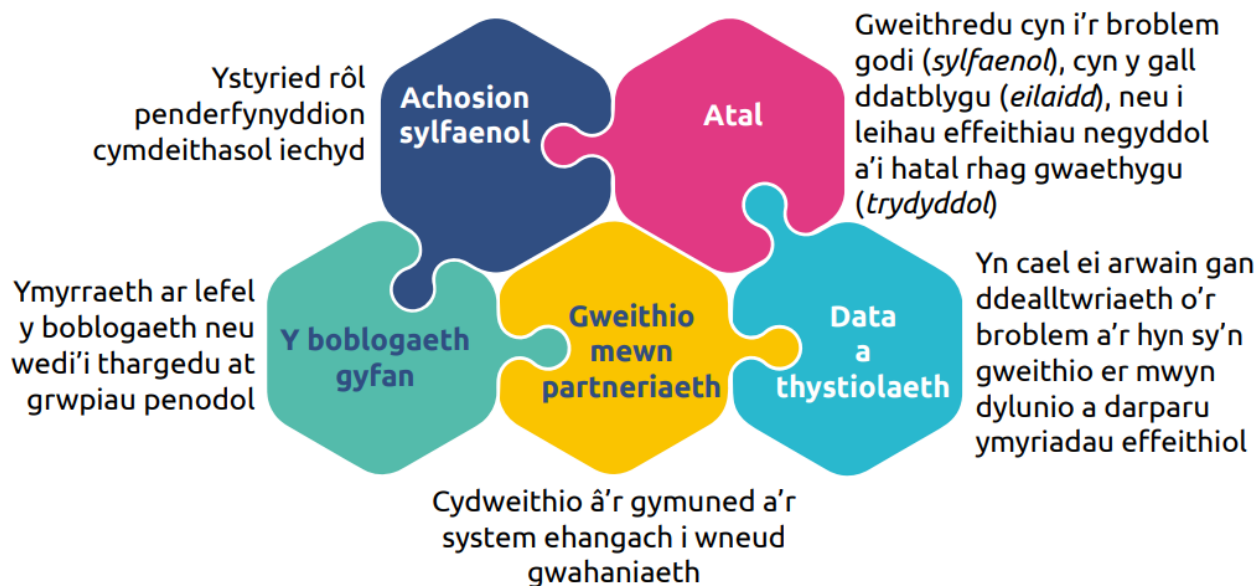
1.1 Establish a workstream to develop joined-up approaches for supporting person (and family) centred weight management, beyond the immediate postnatal period

1.2 Align and strengthen obesity prevention within existing clinical pathways for comorbidities identified in the AWWMP

1.3 Align the development of the All Wales Diabetes Prevention Programme with the AWWMP

Dull iechyd cyhoeddus

Public health approach



Ffigur 13. Pum elfen gyffredin mewn dulliau iechyd cyhoeddus. Ffigur wedi'i addasu o 'Public health approaches in policing: A discussion paper'.^{96(t7)}



Figure 13. Five elements common to public health approaches. Figure adapted from 'Public health approaches in policing: A discussion paper'.^{96(p7)}

Cynnydd, Myfyrdodau ac Argymhellion

Progress, Reflections and Recommendations





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