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Cymru
Public Health
Wales



Public Health Wales 2016-2017

**What we did last year
and what we plan to do**



This is the Easy Version



Welcome



Public Health Wales wants a happier, fairer Wales.



We work with different organisations to help make this happen.



We need to listen to people.



We need to work with communities and different groups in Wales.



It is important for us to involve members of the public.



This report shows how we listen to the voices of people and their communities.



Thank you to everyone who shared their knowledge and experience with us.

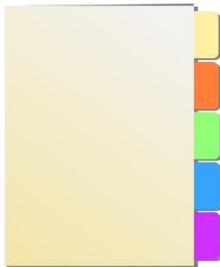
This has helped us shape health services in Wales.



What is in this report?



Lots of information about our work this year



We will tell you about it in different sections.



We have included stories about some of what we did.



We did a lot more than we can write here. But there are stories in each section.



Here are the names of the sections:



- **Healthy people, healthy Wales** 8



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Healthy people, healthy Wales



Challenge 1: Protect people from Hepatitis A



Hepatitis A is an infection caused by a virus. It feels like flu.



People can also get aches and pains



It does not often last long and is not serious.

What we did



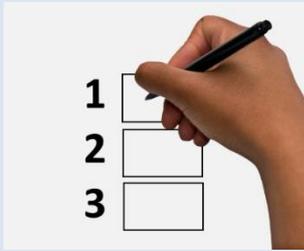
There was an outbreak of Hepatitis A in Wales.



We worked with schools and councils.



We vaccinated over 1000 people. This helped stop it spreading.



What next?



The Outbreak Control Team will have a final report about it in June 2017



Did you know?



Hepatitis A is rare in the UK.



If you go to places where it is more common it is wise to have the vaccination.



You can avoid Hepatitis A by washing your hands well, and making sure the food and water you drink are safe.

Challenge 2:



Make sure different communities know about health screening and go for screening.



Did you know?

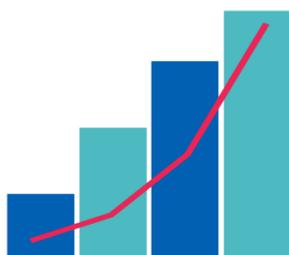


Screening is the way to see who may be at high risk of an illness. It helps find and treat health problems early.



Don't ignore your screening invite - it could save your life!

What we did



We screened more people than ever this year.



During 2015-2016 we screened about 640,000 people.



We know a lot of illnesses are more common in some communities.

These communities also have fewer people going for screening.



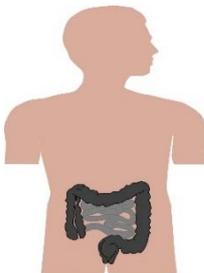
We listened to people from these communities.



This helped us understand what stops people going for screening.



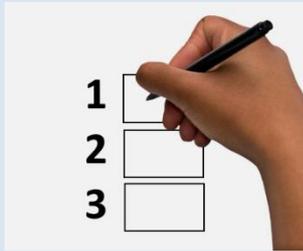
Our Screening Champions Programme trained local community and charity workers so they can tell people why screening is important.



This year, more people from these communities came for bowel screening.



For more information, go to:
www.screeningforlife.wales.nhs.uk/home



What next?



We will keep training Screening Champions.



In 2017-18:



- We will recruit Champions from ethnic minorities.



- We will include Gypsy and Traveller communities



- and people with sight or hearing difficulties.



- We will work with people with a learning disability, carers, professionals and others.



We want to find out what stops them going for screening.



We want to give them the best screening service we can.



For more information go to:
www.screeningforlife.wales.nhs.uk/supporting-wales



Staying safe



Challenge 1:

Save lives by stopping people getting ill.



We want everyone to have good health.



We want to protect children and adults from infections.

What we did



We looked at how to spot more babies' heart problems before they are born.



We paid a charity called Tiny Tickers to train over 120 people who do pregnancy scans.

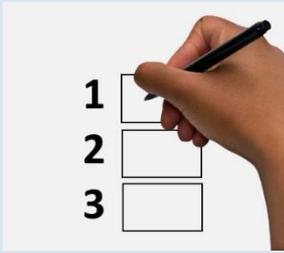


The training was to help them find heart problems in unborn babies.



For more information, go to:

www.wales.nhs.uk.uk/sitesplus/888/news/41537



What next?

Each Health Board chose one person who does pregnancy scans to be the lead person.



That person gets extra training. They will help other people doing scans to spot babies' heart problems.



We will check if we are getting better at finding babies with heart problems at the 18 - 20 week scan.



Challenge 2: Reduce alcohol's harm to others



We want to understand the effect of alcohol and reduce the harm it causes.



Over half of Welsh adults were harmed in 2016-2017 by someone else's drinking



What we did



We worked with researchers from Liverpool.
We wrote a report.



It said that in Wales last year:



- almost 1 in 5 adults felt threatened by someone who had been drinking



- 1 in 10 people had property damaged by a drinker



- 1 in 20 people were hurt by someone who had been drinking

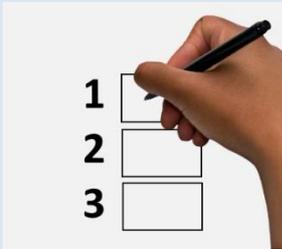


- 1 in 20 people were worried about a child because of someone else's drinking.



For more information about the 'Alcohol's Harms to Others' report go to:

www.wales.nhs.uk/sitesplus/888/news/42739



What next?



In 2017-2018, we will work with other organisations to reduce the harm caused by alcohol.



Our impact (the effect of our work)



Challenge 1: Improve mental well-being for the next generation



We need to do things that we know work.



We need to measure how much we are helping people to be healthier and happier.



Some adults have problems because of bad things that happened to them when they were a child.



We need to understand more about this.

What we did



We did some research



We found that some adults had 4 or more bad things happen to them as a child.



2 out of 5 of them still have problems.

They are more likely to:



- use drugs



- be violent



- go to prison



We are working with charities, other organisations and the police.



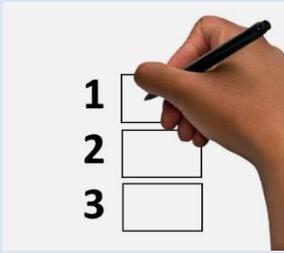
We want to help these adults so their children have a better childhood.



For more information go to:

www.wales.nhs.uk/siteplus/888/news/41957

www.wales.nhs.uk/siteplus/888/news/42002



What next?



In 2017 we will do more research.



We will find out how people in Wales get support and what makes people stronger.



We will keep talking about our research with people from:



- health



- education



- social services



- the police



Llywodraeth Cymru
Welsh Government

- Government



- the public



We think this will help stop bad things happening to children

And we hope it will help them recover if something bad does happen.



Did you know?



The jargon for 'bad things happening to a child' is 'ACEs'. ACEs are 'Adverse Childhood Experiences'. A lot of professionals talk about ACEs.



For more information go to:

www.publichealthnetwork.cymru/en/news/adverse-childhood-experiences-aces/



Challenge 2:

Cut the number of people who smoke.



About 1 in 5 Welsh adults are smokers.



What we did



We run Stop Smoking Wales services. The services are free. The Stop Smoking Wales service is helping people to stop smoking.



Smokers get support from advisors, face-to-face and over the phone.



They can learn ways to quit smoking.



They can also get help with how they are feeling.



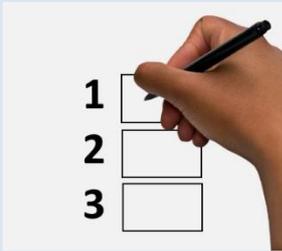
Did you know?



A 20-a-day smoker spends £56 on cigarettes a week and £2920 a year.



Stopping smoking makes you healthier straight away.



What next?



In 2017-2018 we will make it easier for smokers to quit.



We launched 'Help Me Quit' in April 2017. It has a free phone number and new website.



Smokers can get help by:

- phoning 0800 085 2219,
- going to www.helpmequit.wales
- texting 'HMQ' to 80818.



For more information, go to:

www.wales.nhs.uk/sitesplus/888/news/41819



Equality (Equal chances)



We need to think about groups of people who are less healthy.



We need to find how to help them be healthy instead of waiting for them to get ill.



We will listen to them and use what they say to help our work.



Challenge 1: Cut the number of people who fall over.



Falls are a big problem for older people. Between 230,000 and 460,000 older people fall each year. Between 11,500 and 45,900 are badly hurt.



What we did

Steady on...
Stay **SAFE**



We ran a campaign called
'Steady on.....stay SAFE'

It encouraged people to be safe, improve their strength and balance, and talk about slips, trips and falls.



We worked with Ageing Well and community pharmacies to tell older people how to stay safe and not fall over.



Now pharmacists can tell people about where to get support and:



- side effects from medicines



- ways to stay strong and active



- how to have a safe home



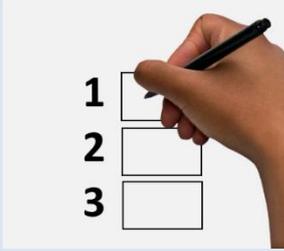
- why it is important to have eye tests



For more information, go to:

www.wales.nhs.uk/sitesplus/888/news/43975

#steadyonstaysafe



What next?



We will keep up our work.



Did you know?

Heneiddio yn Dda
yng Nghymru
Ageing Well
in Wales



Ageing Well in Wales is a programme that looks at ways to make Wales a good place to grow older.



For more information, go to:

www.ageingwellinwales.com/en/home



Challenge 2:

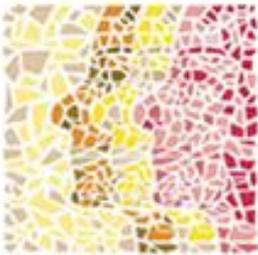
Make information inclusive of the Lesbian Gay Bisexual and Transgender (LGBT) community



This is important because they feel they are not getting as good healthcare as other people.



Did you know?



The Centre for Equality and Human Rights (CEHR) is part of Public Health Wales.



It works with organisations to understand the difficulties people have because of their differences.



LGBT people often report having poorer health.



Some people feel they can't get good information and that professionals will judge them.



A lot of people use the NHS Direct Wales website.



Some complained about the language and information on the website.

What we did



We worked with other organisations to see how the NHS Direct Wales website included the LGBT community. We wanted to:



- find out the needs of the LGBT community;



- find topics on the website that are important to them



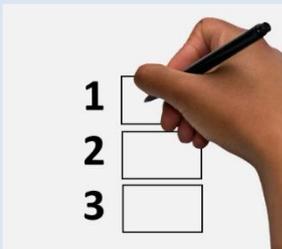
- look at how good the information was and how it was written;



- suggest further action.



Rainbow Researching told us how to make the website more inclusive for the LGBT community.



What next?



We will help write more health information for the LGBT website.



We will also look at gaps around health screening, getting good healthcare, and transsexual health.



Timely action



Challenge 1

Make diabetic eye screening work better for people.



We want people to be able to use our services and get good information in time to make good choices about their health.



What we did



Diabetic Eye Screening Wales joined Public Health Wales

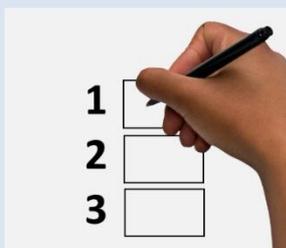


We used what our customers told us to improve people's experiences of Diabetic Eye Screening Wales.



For more information about Diabetic Eye Screening Wales, go to:

www.eyecare.wales.nhs.uk/drssw



What next?



Diabetic Eye Screening Wales staff are being trained in customer care. They have changed how they work.



We are finding ways to record people's experience of eye screening. We will use this information to keep improving our services.



Challenge 2: Improve things for people with mouth cancer

There is more mouth cancer in Wales now than in the past.



More people with mouth cancer survive in the short term but we want more people to live over 5 years.



What we did



We made information about mouth cancer easier to understand for dentists and other health care workers.

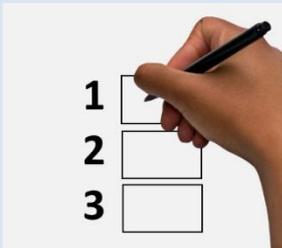


We shared this work with health boards, and other professionals and organisations



For more information, go to:

www.wales.nhs.uk/sitesplus/888/news/43334



What next?



We will keep checking how many people get mouth cancer and how long they survive.



We will give advice and support to Health Boards and other professionals to make sure mouth cancer is picked up early.



Our staff



Challenge 1

Make sure our staff are safe and supported.



What we did



In 2016, we moved 500 staff to a Cardiff office.



We worked with organisations who helped put furniture in the building



We used a company that helps poor families.



It also trains unemployed and disabled people to be carpet fitters.



We took advice on how to make the building easy for anyone to use.

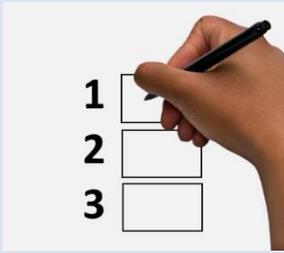


We got a certificate saying the building is 'excellent'.



For more information, go to:

www.wales.nhs.uk/sitesplus/888/news/42557



What next



We will keep things local and move staff within North and West Wales.



We will support them when they move.



Challenge 2:

Get more staff to have the flu vaccination



Healthcare workers are advised to have a flu vaccination.



Flu can be very serious for some people.



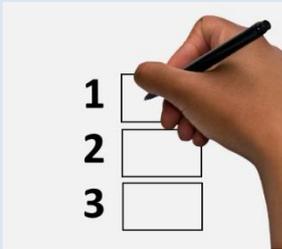
What we did



Every year we run a campaign to encourage our staff to have the flu jab.



This year over 900 staff had the flu jab. This is the most ever.



What next?



We have started planning next year's campaign.



We will talk about it with staff.



We would like to set a good example to all NHS Wales staff.



Did you know?



Flu is a serious breathing illness. It is caused by a virus.



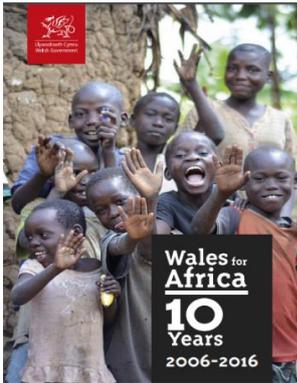
It spreads when little droplets are sprayed in the air by coughing or sneezing.



You can also have contact or spread it by touching people's hands or other surfaces.



Wales for Africa



Wales for Africa is a Welsh Government programme.

It tries to stop people suffering and being poor.



Public Health Wales is part of a big Health Network.



We give advice and support.



We wrote a tool kit about public health.
Different countries use it to stay healthy.



For more information go to:

www.hubcymru.org/hub/index.html



Did we do what we said?



Our last Annual Quality Statement had a plan. It said what we would do in 2016-2017.



We said we would: support the Pink Ladies to talk about screening and make sure more people have good access to information.



So we helped the Pink Ladies organise, run and support screening and health events.



We said the Screening Engagement Team would help train more Screening Champions



So the Screening Engagement Team trained more people.



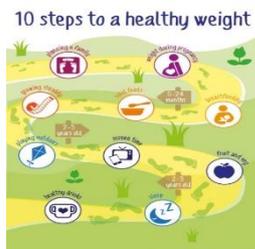
We now have 80 Screening Champions.



They are from: ethnic-minority communities, learning disability groups, and different organisations.



We said we will work to reduce the effect of eating and drinking sugar in Wales.



So we worked on the '10 Steps' to a Healthy Weight programme.



We held different events with professionals and communities.



And we made posters and leaflets



We said we would look at how we involve the public.



We said we would think about how to make changes to improve our work.



Our 2016 review told us what we need to do.



We will use this to improve services and projects, and provide better help.



We said we would look at how to make it easier for people to give their opinions about our work.



We said we would will develop things like our website.



Llywodraeth Cymru
Welsh Government

So we helped the Welsh Government to look at guidance called 'Putting Things Right'. It will be published soon.



This will make it easier for people to tell us what they think about our work.



We said we would share our research into bad things that happen to children.



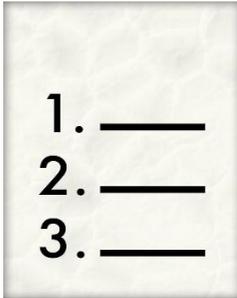
We said we would ask our partners to support us with future plans.



We said more reports will look at how ACEs link with illness and early death.



So we set up Cymru Well Wales with our partners.



We found three important areas to focus on:



- the first 1000 days of life



- people's chances of getting a job



- tackling adverse childhood experiences



There is more information on this at:
gov.wales/newsroom/people-and-communities/2017/170119-adverse-childhood-experiences/?lang=en



We said we would work with staff and partners to improve staff well-being.



So we hold staff health and well-being groups. We have got support from Healthy Working Wales and trade unions.



We said we would work on getting our Health Standard bronze award.

So we did a practise assessment. We are now working towards full assessment in 2017.



We used what people told us about our work to see how we need to develop.



How to contact us



Phone: Junaid Iqbal on 02920 227744



Email: general.enquiries@wales.nhs.uk

Facebook

www.facebook.com/PublicHealthWales

(English)



[www.facebook.com/pages/lechydd-](https://www.facebook.com/pages/lechydd-Cyhoeddus-Cymru)

[Cyhoeddus-Cymru](https://www.facebook.com/pages/lechydd-Cyhoeddus-Cymru) (Welsh)

Twitter



www.twitter.com/PublicHealthW

(English)

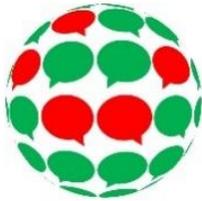
www.twitter.com/lechydcyhoeddus

(Welsh)



And check out our Vimeo channel

www.vimeo.com/publichealthwales



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