

 <p> GIG CYMRU NHS WALES </p> <p> Iechyd Cyhoeddus Cymru Public Health Wales </p>	<p> Name of Meeting Knowledge, Research and Information Committee Date of Meeting 6 June 2024 Agenda item: 3.2 </p>
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Promoting Health Behaviours – Data, Evidence and Research Update	
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Approval/Scrutiny route:	n/a
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Purpose
<p>This paper provides a brief overview and update on progress since the Deep Dive on Promoting Healthy Behaviours in June 2023. The Deep Dive provided information that outlined the mechanisms and arrangements that the organisation has in place, was developing or needs to development to ensure that it is able to monitor the impact of health related behaviours on the health and wellbeing of the people of Wales, to assess need, to monitor and evaluate the impact of public health action.</p>

Recommendation:				
APPROVE <input type="checkbox"/>	CONSIDER <input type="checkbox"/>	RECOMMEND <input type="checkbox"/>	ADOPT <input type="checkbox"/>	ASSURANCE <input checked="" type="checkbox"/>
<p>The Committee is asked to:</p> <ul style="list-style-type: none"> Receive assurance that work has continued to strengthen and build upon the use of data, evidence and research to inform public health action to maximise the impact of healthy behaviours on population health and wellbeing 				

Link to Public Health Wales [Strategic Plan](#)

Public Health Wales has an agreed strategic plan, which has identified seven strategic priorities and well-being objectives.

This report contributes to the following:

Strategic Priority/Well-being Objective	3 - Promoting healthy behaviours
Strategic Priority/Well-being Objective	Choose an item.
Strategic Priority/Well-being Objective	Choose an item.

Summary impact analysis

Equality and Health Impact Assessment	This is not needed since the report is an update for information not for decision.
Risk and Assurance	We have reviewed the Strategic Risks linked to this portfolio of work and these risks now come to KRIC following recent Board decisions.
Health and Social Care (Quality and Engagement) (Wales) Act	Engagement work where needed is incorporated within each programme area.
Financial implications	Within existing establishments
People implications	Within existing establishments



1. Purpose / situation

- 1.1 At its meeting in June 2023 the Committee undertook a Deep Dive into the extent to which the organisation had the appropriate data, research and evaluation systems in place to effectively monitor the Organisation's impact and role as a system leader in the promotion of healthy behaviours (KRIC 4/2023.06.13). The report highlighted what was in place, what was in development and what future work was required. This paper provides a brief update on progress in the last 12 months.

2. Background

- 2.1 Promoting Healthy Behaviour is one of the priority areas within Public Health Wales long term strategy and recognises the importance of health related behaviours in the prevention of non-communicable disease.

3. Description/Assessment of work since 2023 Deep Dive

- 3.1 The original Deep Dive presentation adopted a public health approach as a framework and sought to identify at each stage of that process what the data, evidence, research and evaluation requirements were and the extent to which these were in place.

- 3.2 Below is an update of work and progress since the Deep Dive.

- 3.2.1 In addition to the updates below, we have revised the IMTP and also reviewed and revised the Strategic Risks associated with these. The risks are now being reported to KRIC as part of the new risk framework. In addition the Directorate Report which comes to every Board meeting contains a healthy behaviours update.

3.3 Needs Assessment work

Understanding population need is a fundamental step to inform any public health action. During the last year:

- 3.3.1 The Tobacco Programme Team have developed a methodology and undertaken analysis of the School Health Research Network data to understand the relationship between use of different substances by young people. This methodology will be applied to the latest data which is now available and further work is being planned to understand the patterns of use at school level.



- 3.3.2 A comprehensive multi-stage needs assessment for Drug and Alcohol Use has been scoped which will help to inform a comprehensive approach to preventing substance use and related harm. The work will take a phased approach starting with preventing use, followed by early intervention for problematic use; effective treatment to reduce harm; preventing harm to those using substances and preventing harm to others.
- 3.3.3 The initial phase of work to understand the proportion of children and young people who are within active travel distance to school has been completed by the Physical Activity Programme, working with Swansea University. The second phase of this work planned for this year will compare this with current reported rates of active school travel to identify those schools with the greatest potential for improvement.
- 3.3.4 The development and scale up of the Hands Up Survey (census) for active travel to school in primary schools in Wales has continued
- 3.3.5 The Health Improvement Division have utilised the latest 2019 Global Burden of Disease Study data for Wales to inform out work on the leading behavioural causes of death and disability in Wales

3.4 Understanding the Determinants of Behaviour

Research has been completed, commissioned by the Substance Use Prevention Programme to better understand the relationship between cannabis and tobacco use in Wales working with the Universities of Wrexham and Bath

- 3.4.1 The Health Improvement division has undertaken a range of bespoke investigations to understand the rise in use of vapes by children and young people in Wales to inform the recommendations of an incident response group
- 3.4.2 The tobacco programme team has finalised insight research with 18-24 years olds and used this to identify the behavioural factors which lead to uptake of and establishment of smoking behaviour in this group

3.5 Understanding the evidence base for action

- 3.5.1 The tobacco programme team have reviewed the evidence base for nicotine dependency services and are using this to make recommendations for action



3.6 Supporting the development of policy and strategy to address the determinants of behaviours since 2023

- 3.6.1 The Nutrition and Obesity Prevention programme has completed research on the nutritional content of meal deals available at a number of retail outlets in Wales and have used this work to inform the development of new legislation
- 3.6.2 The Health Improvement Division has built on its work with the Spectrum Consortium by establishing a partnership with Sheffield University to enable use of complex modelling methods for assessing the potential impact of tobacco control policies

3.7 Mobilise and enable the system to act collaboratively since 2023

- 3.7.1 We have proposed an approach to monitoring and evaluating the Healthy Weight Healthy Wales Strategy and are now finalising recommendations for agreement by Welsh Government
- 3.7.2 We have developed a range of standard indicators to support the system in understanding the impact of weight management services
- 3.7.3 We have developed a revised logic model for the Welsh Network of Health and Wellbeing Promoting Schools which is being used to develop a monitoring and evaluation framework working with SHRN

3.8 Delivery at Scale; Monitoring and Evaluation since 2023

We have developed and implemented a new data system for the National Exercise Referral Scheme which will enable improved access to activity and outcome data

- 3.8.1 We have reviewed the data available to monitor the 10 Steps to a Healthy Weight and made recommendations to strengthen the available and quality of data to guide system wide action to increase levels of healthy weight at school entry

4. Challenges

4.1 While considerable progress has been made in the last 12 months a number of challenges have been encountered.

- 4.1.1 A planned feasibility study to investigate the potential public health utility of data captured by cashless catering systems in schools in Wales, in conjunction with Cardiff Metropolitan University encountered a number of significant challenges in gaining access to data. In spite of extensive engagement with system partners there was an unwillingness to make data available and an uncertainty about who the data



controllers were to gain consent. There is an ongoing commitment to pursue this work as it is essential that we can evaluate whether policy commitment such as universal free school meals and revised nutritional standards are having the population health impact anticipated.

- 4.1.2 There has been a lack of clarity in relation to the process for accessing analytical capacity to enable Consultants in Public Health to complete essential epidemiological work, this has limited our ability to undertake work on attributable mortality that had been requested by the system and a requested needs assessment for tobacco for Welsh Government. We need to continue to develop our cross organisational planning approaches to ensure dependencies and mechanisms for agreeing work between teams are fully understood and agreed.

5. Recommendation

5.1 The committee is asked to note the progress outlined above and

- **Receive assurance** that work has continued to strengthen and build upon the use of data, evidence and research to inform public health action to maximise the impact of healthy behaviours on population health and wellbeing.