

Croeso Welcome

Cadeirydd Chair am: Rhian Matthews
Cadeirydd Chair pm: Robert Letchford



Darparu system iechyd a gofal gynaliadwy sy'n canolbwyntio ar atal ac ymyrraeth gynnar

Delivering a sustainable health and care system focused on prevention and early intervention

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22/10/2025

Pam bod arnom angen Iechyd a Gofal ar Sail Atal?

Nod [Iechyd a Gofal ar Sail Atal \(IGSA\)](#) yw gwella deilliannau iechyd a llesiant a lleihau anghyfartaledd i bobl a chymunedau yng Nghymru. Yn yr hinsawdd heriol bresennol i'r system iechyd a gofal cymdeithasol, gwelir 'atal' yn gynyddolfelrhan allweddol o'r ateb i gyflawni gwasanaethau cynaliadwy.

Why do we need Prevention-Based Health and Care?

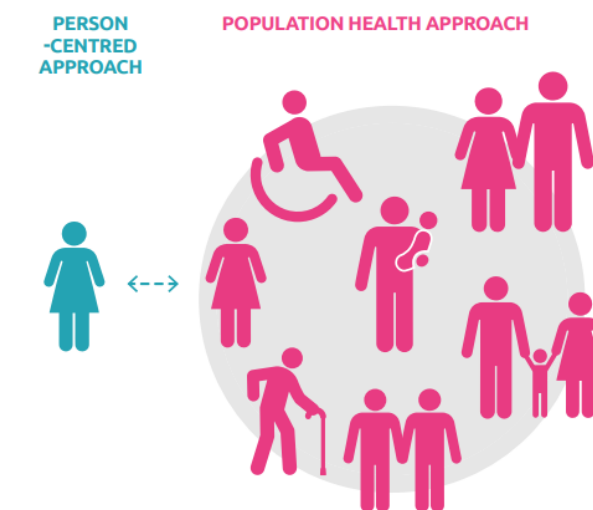
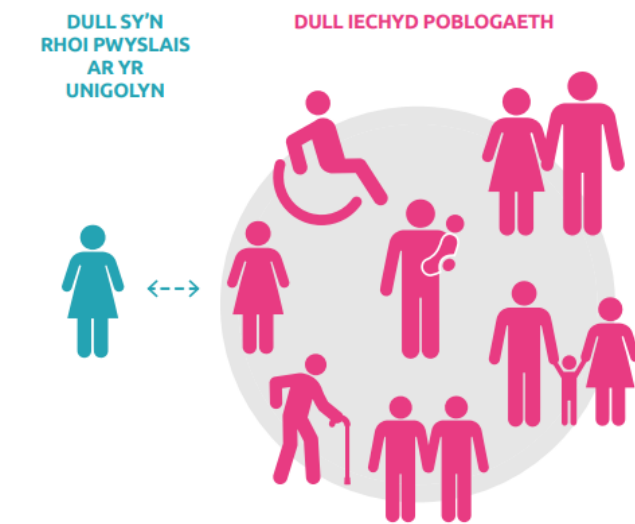
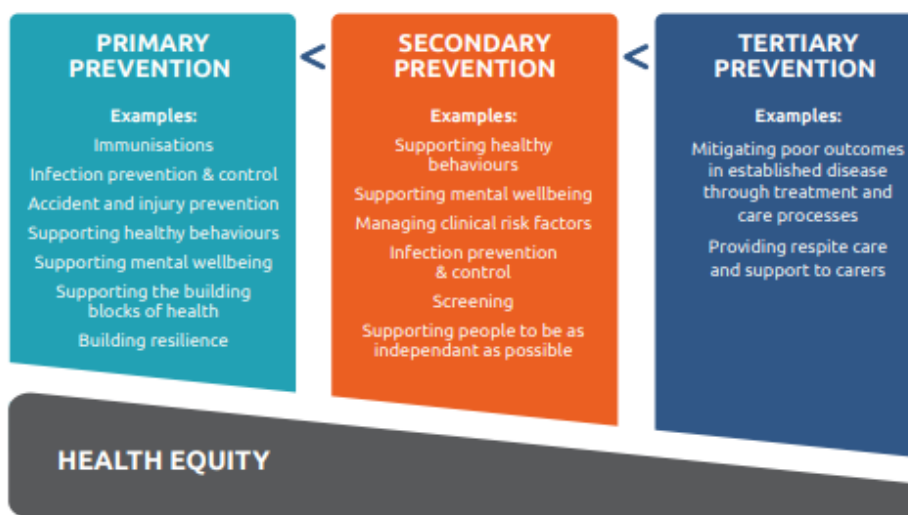
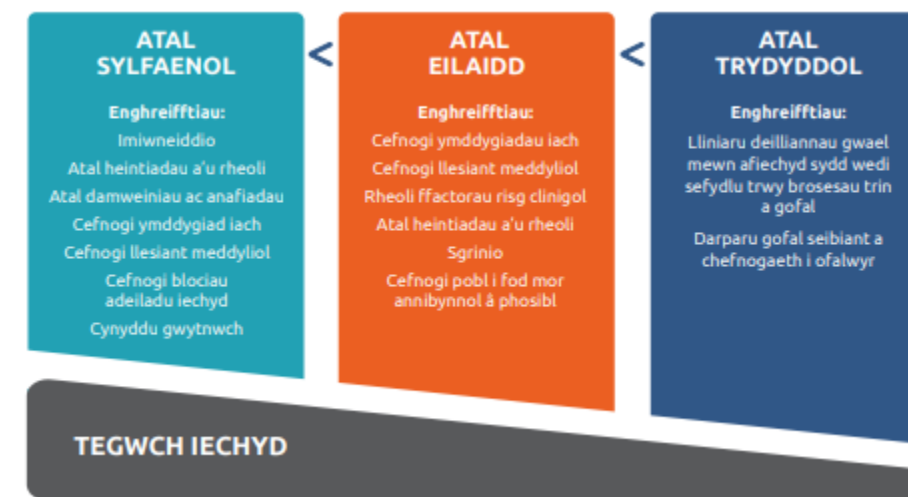
The aim of Prevention Based Health and Care (PBHC) is to improve health and wellbeing outcomes and reduce inequalities for people and communities in Wales. In the current challenging climate for the health and social care system, 'prevention' is also increasingly seen as a key part of the solution to achieving sustainable services.



Beth yw cwmpas Iechyd a Gofal ar Sail Atal?

What is the scope of Prevention-Based Health and Care?

- Gweithredoedd o fewn dylanwad y system **iechyd a gofal**
- Actions within the influence of the **health and care system**
- Gweithredoedd ar **lefelau gwahanol** (a elwir yn aml yn atal sylfaenol, eilaidd a thrydyddol)
- Actions at **different levels** (often known as primary, secondary and tertiary prevention)
- Gweithredoedd sydd â dull sy'n canolbwyntio ar y **boblogaeth ac ar yr unigolyn**
- Actions with both a **population focused & person-centred approach**





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Y fframwaith Iechyd a Gofal ar Sail Atal

Yn galluogi adnabod o:

- **Pwy** sydd angen elwa o gamau ataliol penodol
- **Pa** gamau ataliol sydd eu hangen
- **Sut** mae angen rhoi'r camau ataliol hyn ar waith

The Prevention-Based Health and Care Framework

Enables identification of:

- **Who** needs to benefit from specific preventative action
- **What** preventative action is needed
- **How** this preventative action needs to be implemented



Fframwaith i wreiddio atal yn y system iechyd a gofal yng Nghymru

A framework to embed prevention in the health and care system in Wales

DEILLIANNAU

Cytuno ar y **DEILLIANNAU** sy'n canolbwyntio ar yr unigolyn a iechyd y boblogaeth sydd i gael eu cyflawni

CYLCH ATAL

Gweithio trwy'r Cylch Atal, i weld:

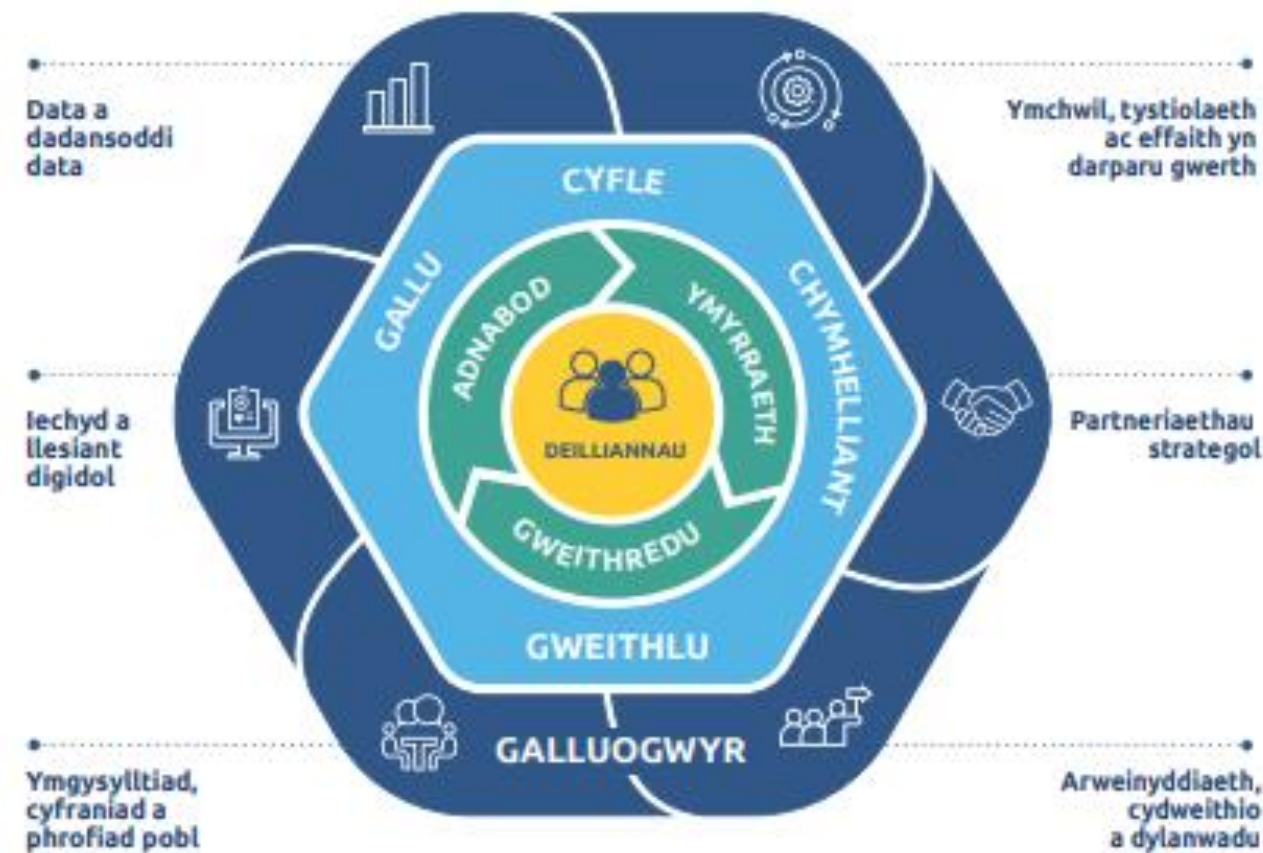
- **ADNABOD** Pwy sydd angen cael budd a sut y gellir eu cyrraedd yn deg
- **YMYRRAETH** Pa weithgaredd atal o safon uchel sydd ei angen
- **GWEITHREDU** Sut i gyflawni gweithgaredd atal

GWEITHLU

Ysbyried sut i sicrhau'r amodau gorau i'r gweithlu i gyflawni gweithgaredd atal, gan ymdrin â **GALLU, CYFLE** a **CHYMHELLIANT**

GALLUOGWYR SYSTEM IECHYD A GOFAL

Mapio'r **GALLUOGWYR** System Iechyd a Gofal sy'n angenrheidiol i gefnogi dull systematig, cydgyssylltiedig, gan gydnabod y partneriaid sy'n rhan ohoni a'r cydweithio gofynnol.



OUTCOMES

Agree on the specific person-centred and population health **OUTCOMES** to be achieved

PREVENTION CYCLE

Work through the Prevention Cycle, to see:

- **IDENTIFICATION** Who needs to benefit and how can they be reached equitably
- **INTERVENTION** What high quality prevention activity is needed
- **IMPLEMENTATION** How to deliver prevention activity

WORKFORCE

Consider how to optimise conditions for the workforce to deliver prevention activity, addressing **CAPABILITY, OPPORTUNITY** and **MOTIVATION**

HEALTH AND CARE SYSTEM ENABLERS

Map the Health and Care System **ENABLERS** needed to support a systematic, coordinated approach, recognising the partners involved and collaborations required.





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Iechyd a Gofal Ar Sail Atal ar Waith

PBHC in Action

PBHC Case Studies

Datblygiad Rhaglen Atal Diabetes Cymru Gyfan (AWDPP)

The development of the All Wales Diabetes Prevention Programme

Beth yw'r deilliant a ddymunir?

Mae'r Rhaglen Atal Diabetes Cymru Gyfan (AWDPP) yn rhaglen trwy Gymru gyfan bob yn gam sy'n anelu at leihau'r risg o ddatblygu diabetes math 2 (T2D) yn y rhai a ddynodwyd fel rhai sydd â mwy o risg o hynny. Mae hyn yn bwysig oherwydd mae T2D yn gyflwr difrifol, trwy gydol oes weithiau. Mae'n un o'r prif achosion am golli golwg ac mae'n cyfrannu at fethiant yr arennau, trawiad ar y galon a strôc ac er gwaethaf bod yn afiechyd y gellir ei atal i raddau helaeth mae amlygrwydd T2D yng Nghymru wedi cynyddu o 40% dros y 10 mlynedd diwethaf.

Cyn yr AWDPP, roedd y ddarpariaeth atal diabetes trwy Gymru yn amrywiol ac yn dibynnu i raddau helaeth ar feddygfeydd unigol. Nod y rhaglen AWDPP yw hwyluso dull mwy systematig a theg a lleihau'r amrywiad heb gyfiawndad yn y dull o atal T2D mewn gofal sylfaenol yng Nghymru.



Pwy yw'r boblogaeth a dargedir?

Mae'r boblogaeth a dargedir yn cynnwys oedolion 18 i 79 mlwydd oed, sydd mewn mwy o risg o gael T2D, fel y dynodir gan y mesur HbA1c o 42-47 mmol/mol, o sampl gwaed a gymerwyd yn ystod y 3 mis blaenorol, y mae'r ymyrraeth yn addas yn glinigol iddynt.

Er mwyn optimeiddio diogelwch ac effeithiolrwydd, mae meini prawf cymhwyster yn cael eu dynodi'n systematig trwy gofnodion meddygon teulu, nad yw'n cynnwys y rhai yr ystyrir y byddai'r ymyrraeth yn anaddas yn glinigol neu y byddai'r ymyrraeth yn annhebygol o fod yn effeithiol iddynt.



What is the desired outcome?

The All Wales Diabetes Prevention Programme (AWDPP) is a phased Wales wide programme which aims to reduce the risk of developing type 2 diabetes (T2D) in those identified to be at increased risk. This is important because T2D is a serious, sometimes lifelong condition. It is a leading cause of sight loss and a contributor to kidney failure, heart attack and stroke and despite being largely preventable the prevalence of T2D in Wales has increased by 40% over the past 10 years.

Prior to the AWDPP, the provision of diabetes prevention across Wales was varied and largely depended on individual GP practices. The AWDPP programme aims to facilitate a more systematic and equitable approach and reduce the unwarranted variation in approach to T2D prevention in primary care in Wales.



Who is the target population?

The target population includes adults aged 18 to 79 years of age, who are at increased risk of T2D, as identified by an HbA1c measurement of 42-47 mmol/mol, from a blood sample taken within the previous 3 months, for whom the intervention is clinically appropriate.

To optimise safety and effectiveness, eligibility criteria are systematically identified through the GP records, which exclude those for whom the intervention is considered clinically inappropriate or for whom the intervention is unlikely to be effective.



Datblygiad Rhaglen Atal Diabetes Cymru Gyfan (AWDPP)

Beth yw'r ymyrraeth?

Mae'r AWDPP yn gweld gweithwyr cefnogi gofal iechyd penodol, wedi eu hyfforddi, yn darparu un ymyrraeth fer ar sail tystiolaeth, yn canolbwyntio ar gynyddu dealltwriaeth yr unigolyn o'r risg o ddatblygu diabetes a manteision newidiadau diet a chynyddu lefelau'r gweithgarwch corfforol.

Mae'r dull sy'n rhoi'r pwyslais ar yr unigolyn yn cwmpasu sgwrs 'beth sydd o bwys i chi?' a gosod nodau.

Mae'r ymyrraeth yn cynnwys rhoi cyngor a deunyddiau safonol, wedi eu cyflwyno mewn modd addas yn ddiwylliannol ac ystyrlon.

Yn ystod yr ymgynghoriad 30 munud, cofnodir set ddata a'i huwchlwytho i system y meddyg teulu, er mwyn gallu gwerthuso'r deiliant a'r gwelliant ansawdd yn gadarn yng nghyswllt mynediad teg a'r nifer sy'n derbyn.

Pa effaith wnaeth y gweithgaredd atal ei gael?

Mae gwerthusiad deilliannau'r AWDPP ar waith a bydd yn rhoi adroddiad maes o law. Ond mae'r rhaglen hon yn cyd-fynd â'r dull a ddefnyddir gan y rhaglen ar sail tystiolaeth yn Lloegr, y mae'r ymchwili ar ei chyfer wedi dangos ei bod wedi arwain at ostyngiad o 7% yn y nifer o ddiagnosis newydd o T2D rhwng 2018 a 2019².

Hyd yn hyn, mae'r AWDPP wedi cyrraedd dros hanner y Clystyrau Gofal Sylfaenol yng Nghymru. Canfu gwerthusiad proses cynnar annibynnol o'r AWDPP bod mwy na hanner y rhai a ddynodwyd fel rhai mewn perygl ac a aeth i ymgynghoriadau, wedi bod yn ymwybodol bod eu risg o gael diabetes yn uwch, a chyfeiriwyd tua 70% ymlaen at wasanaethau cefnogi ymddygiad i'w cefnogi i newid ymddygiad.



Dull IGSA

Elfennau allweddol yr AWDPP yw'r ymyrraeth gadarn, ar sail tystiolaeth, ac adnabod y rhai sydd â risg uwch o gael T2D yn systematig, y protocol darparu y gellir asesu ffyddlondeb mewn cymhariaeth ag o, a chasglu data cadarn, gan weithlu ymroddedig, wedi eu hyfforddi.

Dysgwch ragor am yr AWDPP yma.



The development of the All Wales Diabetes Prevention Programme

What is the intervention?

The AWDPP sees dedicated, trained healthcare support workers, deliver a single, evidence-based brief intervention, focused on increasing individual's understanding of the risk of developing diabetes and the benefits of dietary changes and increasing levels of physical activity.

The person-centred approach encompasses a 'what matters to you?' conversation and goal setting.

The intervention includes providing standardised advice and materials, delivered in a culturally appropriate and meaningful way.

During the 30-minute consultation, a minimum data set is recorded and uploaded to the GP system, to allow for robust outcome evaluation and quality improvement in relation to equitable access and uptake.

What impact did the prevention activity have?

The outcome evaluation of the AWDPP is in progress and will report in due course. However, this programme is aligned to the approach used by the evidence-based programme in England, which research has demonstrated resulted in a 7% reduction in the number of new diagnoses of T2D between 2018 and 2019².

To date, the AWDPP has reached over half of the Primary Care Clusters in Wales. Early independent process evaluation of the AWDPP found more than half of those identified as being at risk and who attended consultations, had been unaware they were at increased risk of diabetes, and approximately 70% were referred on to behavioural support services to support their behaviour change.



A PBHC Approach

Key components of the AWDPP are the robust, evidence informed intervention, the systematic identification of those at increased risk of T2D, the delivery protocol against which fidelity can be assessed, and robust data collection, by a dedicated, trained workforce.

Find out more about the AWDPP [here](#).





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Gweithio gyda'n gilydd
i greu Cymru iachach

Working together
for a healthier Wales





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Ymarfer Grŵp 1: Penderfynwch ar eich maes ataliad blaenoriaeth ac atebwch y canlynol:

- Beth fyddai eich canlyniad dymunol?
- Pwy yw eich poblogaeth?
- Beth yw'r ymyriadau effeithiol?

Group Exercise 1: Decide your priority prevention area and answer the following:

- What is your desired outcome?
- Who is your population?
- What are the effective interventions?

10:00



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Ymarfer Grŵp 2:

- A yw'r gwaith yma yn digwydd yn y system yn barod neu a oes ei angen yn y dyfodol?
- Beth yw'r ystyriaethau ar gyfer y gweithlu?
- Pa hwyluswyr sydd angen ichi eu hystyried?

Group Exercise 2:

- Is this work happening in the system already or is it needed in the future?
- What are the considerations for the workforce?
- What enablers do you need to consider?

10:00