



Canolbwynt Iechyd  
a Chynaliadwyedd

Health and  
Sustainability Hub



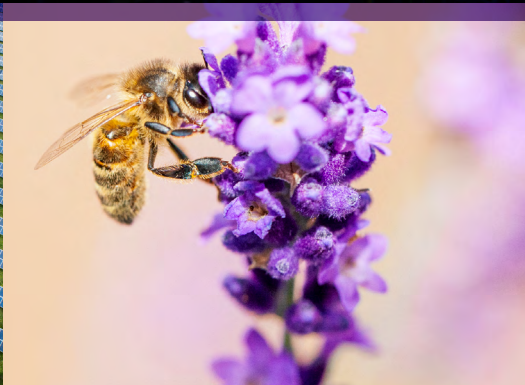
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# Resources for Sustainable Health

Helping organisations and individuals to consider the natural environment  
and the health of the planet and people in everything they do.

Developed by the Health and Sustainability Hub



Together we can **'Be the Change'** for a more sustainable planet!



## Resources for Sustainable Health...

...to help organisations and individuals to consider the natural environment and the health of the planet and people in everything they do.

The Health and Sustainability Hub was set up in 2016 to support Public Health Wales to respond to the Well-being of Future Generations (Wales) Act 2015.

Since then, the Hub has developed a range of free resources to explain sustainable development. In Wales, the resources will help all organisations and individuals working to implement the wellbeing goals and five ways of working, as well as the United Nations Sustainable Development Goals. The Hub also provides support for partners and stakeholders in implementing the Act, informing and supporting sustainable policy development and cross sector working to maximise population health benefits.

Planet earth is in trouble; our home and our life support system is being damaged by human activities. Climate change, species extinctions, plastic pollution are facts we cannot ignore. In the last few years we have seen the effects of climate change causing droughts, fires, high rainfall, floods and storms around the world. The Met Office issued the first ever Amber [Extreme Heat Warning](#) on 19<sup>th</sup> July 2021.

The publications and resources produced by the Health and Sustainability Hub look at the inextricable links between the health of the planet and human health. The resources, e-briefs, reports and toolkits bring together research, ideas, suggestions and practical actions aimed at all levels from individual through to national and international policy level. There is a lot we can all do. We need to start immediately.

By working together and working differently, and forging new partnerships we can find new ways. Collaboration is the greatest of human skills – let's work together...

We hope that there is a resource within this e-catalogue which will help you in your work. Some of the resources are quick introductions; some are toolkits (or workshops) for teams to use; and some are reports. All could be read by individuals and all could be used by teams or whole organisations. We encourage you to explore all of the resources, however if you require some help in where to start, look at Annex 1.

Please share with other organisations and networks, and contact the [Health and Sustainability Hub](#) if you have any feedback or questions.

**Together we can 'Be the Change'  
for a more sustainable planet!**



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# Be the Change – Sustainable Steps towards Wales' well-being goals

## **What it is and how it can help:**

This introductory guide explains some of the 'Be the Change' resources that have been produced by the Health and Sustainability Hub. These aim to encourage individuals and teams to embrace ways of working and living that will improve health and well-being, reduce emissions and waste, tackle climate change and improve our lives now, and the lives of future generations. They can be used by any organisation to develop their own resources or find ideas to take action. Sharing experiences, working differently and working together across teams and organisations can bring even greater results.

## **What's included in the resource:**

A useful description of the Welsh legislation, including the well-being goals, sustainable steps, five ways of working. There's also some graphics you can use and some great ideas you could try.

## **Links to the Well-being of Future Generations (Wales) Act 2015 and the United Nations Sustainable Development Goals:**

This resource gives an introduction and overview of the Well-being of Future Generations (Wales) Act 2015 and the United Nations Sustainable Development Goals.

## **Links to other key legislation in Wales:**

The Environment (Wales) Act 2016 requires all public bodies in Wales to ensure that they contribute to a healthy natural environment in everything that they do.



# Be the Change – Helping Nature to Flourish

## **What it is and how it can help:**

Have a look at this resource for some simple steps and great ideas to help other species and their habitats. Some could help your organisation comply with its duties in national and international law and/or become a shining example others might follow.

## **What's included in the resource:**

Suggestions in our resource include making room for nature in your garden or an office window box, setting up a gardening club, planting some trees, using less energy, having a walking meeting.

## **Links to the Well-being of Future Generations (Wales) Act 2015 and the United Nations Sustainable Development Goals:**

This resource contributes especially to a Resilient Wales and a Globally Responsible Wales.

It also contributes to the United Nations Sustainable Development Goals Climate Action, Life below Water and Life on Land.

## **Links to other key legislation in Wales:**

The Environment (Wales) Act 2016 requires public authorities to 'maintain and enhance biodiversity and promote the resilience of ecosystems'.

Welsh Government's decarbonisation plan Prosperity for All: A Low Carbon Wales requires Wales to reduce carbon emissions and become carbon neutral by 2050 and aims to achieve net zero carbon across public sector by 2030 which will be a great benefit to biodiversity as well as to human health.



# Be the Change – A Healthy Heritage

## **What it is and how it can help:**

It explains that we must all act and that there are things we can do as individuals, groups and organisations that really will make a difference to our community, to Wales and to our precious planet. By considering and learning from our history and culture we can maintain, or bring back what's good and also look forward and do better.

## **What's included in the resource:**

It contains some ideas and suggestions including a skill swap session, or a team get-together to find out about an element of the culture or creativity across Wales. Organise a trip or activity on foot or on public transport, so you will be reducing your carbon emissions too.

## **Links to the Well-being of Future Generations (Wales) Act 2015 and the United Nations Sustainable Development Goals:**

The resource contributes to a Wales of Vibrant Culture and Thriving Welsh language, a More Equal Wales and a Healthier Wales.

You'll also be meeting some of the United Nations Sustainable Development Goals especially Sustainable Cities and Communities, Peace, Justice and Strong Institutions, Partnerships for the Goals, and Reduced Inequalities.

## **Links to other key legislation in Wales:**

Encouraging Welsh in the workplace will support the Welsh Language (Wales) Measure 2011 which makes Welsh an official language.

Encouraging equality in the workplace will support the Welsh Government Equality Plan and Objectives / Equality Act 2010, which place requirements on organisations.

The Environment (Wales) Act 2016 contains a number of requirements for all public bodies to work to maintain and enhance biodiversity and promote resilience of ecosystems and work towards reducing emissions or pollution. Wales has a very high level of [emissions](#) from industry compared to the rest of the UK. This is a result of the past industrial development of Wales. Understanding the history and heritage of the area and what's good and bad about it is important to helping bring about change.



# Be the Change – Creating Inclusive Workplaces

## **What it is and how it can help:**

The resource explains how working together and supporting each other in our workplace can help identify new efficient and effective ways of working. By listening and learning from each other we adapt and collaborate.

The resource challenges us to think about how our working culture might impact on others, maximising positive impacts and reducing inequalities. Staff who feel valued and safe in their job roles are more likely to speak up and express their views and ideas, knowledge and interests - ideas on new ways of working are more likely to flow.

## **What's included in the resource:**

There are some ideas to help staff understand others' needs whether through informal events to get to know colleagues, volunteering, using resources and procurement to reduce our global impact, or linking with and learning from other organisations. There are also some great case studies from active groups working across Public Health Wales.

## **Links to the Well-being of Future Generations (Wales) Act 2015 and the United Nations Sustainable Development Goals:**

Contributes to all seven well-being goals identified in The Well-being of Future Generations (Wales) Act 2015 with a special focus on creating a More Equal Wales.

You'll also be contributing to several of the United Nations Sustainable Development Goals including Good Health and Well-being, Decent Work and Economic Growth, and Gender Equality.

## **Links to other key legislation in Wales:**

This resource links to the Equality Act 2010 and to the Welsh Government Equality Plan and Objectives and other support for staff.

Some new ways of working, travelling and meeting could even help towards Welsh Government's decarbonisation plan, Prosperity for All: A Low Carbon Wales.



# Be the Change – Sustainable Home & Agile Working

## What it is and how it can help:

To show how we can all act more sustainably by changing the ways we work. Many of us have been working at home for all or part of the week for years and many more have done so during the pandemic. This resource has great ideas to support sustainable behaviour when working from home, hot-desking or agile working. A study in 2014 showed homeworking could result in annual savings of [over 3 million tonnes of carbon a year](#) across the country but we now need to factor in how much energy staff use working at home. Home and agile working can help reduce transport emissions, while helping to improve air quality.

## What's included in the resource:

Some great ideas for making home working better for your health and well-being, including some inspiring case studies. We've also gathered some information to help you make homes greener to live and work in, not just by adding plants, but by changing your light bulbs, switching energy provider and using less power, mending, re-using and recycling or shopping closer to home.

## Links to the Well-being of Future Generations (Wales) Act 2015 and the United Nations Sustainable Development Goals:

This resource contributes especially to a Healthier Wales and a Globally Responsible Wales.

You will also be contributing towards the United Nations Sustainable Development Goals especially Good Health and Well-being and Sustainable Cities and Communities.

## Links to other key legislation in Wales:

The Environment Act (Wales) 2016 sets out requirements for sustainable management of natural resources together with new ways of working to achieve this.

Welsh Government's decarbonisation plan Prosperity for All: A Low Carbon Wales sets targets for reducing greenhouse gas emissions.

Welsh Government's Transport Strategy - Llwybr Newydd - encourages people to use public transport, walk or cycle.





# Be the Change – Reducing our Waste Measurements

## What it is and how it can help:

To encourage you to look at how much you throw away and find ways to reduce, reuse and recycle. If we all do this it will make a huge difference. We've all seen the reports showing plastic waste piled high or in the [oceans](#). The trouble is scientists now know plastic will break into smaller particles but will [never fully disappear](#). This combined with other waste is causing a multitude of problems locally and globally. We can all help to stop this.

## What's included in the resource:

Read our resource for some ideas to make a difference to the office stationery usage, electricity consumption, food waste, buying goods and services. At home buy fresh fruit and vegetables from local shops and markets without plastic packaging, make and mend things. Get together with your colleagues to share ideas and put them into action. There's also some inspiring examples too.

## Links to the Well-being of Future Generations (Wales) Act 2015 and the United Nations Sustainable Development Goals:

The resource contributes to a Resilient Wales, a Healthier Wales and a Prosperous Wales.

The United Nations Sustainable Development Goals covered are Good Health and Well-being, Clean Water and Sanitation, Responsible Consumption and Production, Climate Action, Life below Water, and Life on Land.

## Links to other key legislation in Wales:

The Environment (Wales) Act 2016 requires all public bodies to work to achieve the sustainable management of natural resources.

Welsh Government's decarbonisation plan Prosperity for All: A Low Carbon Wales requires public bodies to reduce carbon emissions and become carbon neutral by 2030. Waste disposal and incineration is responsible for a lot of emissions.

Welsh Government's 'Beyond Recycling – a strategy to make the circular economy in Wales a reality' aims to ensure that nothing is thrown away. In a circular economy products are made to last, can be repaired or ultimately can be dismantled and the components reused.

# Be the Change – Sustainability on the Agenda

## What it is and how it can help:

It aims to give useful ideas, advice and tools to help achieve sustainability targets when organising meetings or events.

Meetings and conferences can have considerable negative impacts. The NHS Wales Carbon Footprint assessment showed transport is one of the most polluting sectors in Wales, contributing 17% to the carbon footprint. Worse, [procurement contributes a massive 62%](#) as it includes supply and distribution of goods. Your team could become a great example by sharing your efforts and success stories.

## What's included in the resource:

The resource provides advice on procurement of goods and services which are greener and cleaner and will make meetings and events more sustainable and healthier for all. There's a useful tick-list to enable you to think about ways to help, for example by meeting somewhere that allows travel on foot and public transport. Calculate the carbon footprint of the event as part of measuring improvements and share these.

## Links to the Well-being of Future Generations (Wales) Act 2015 and the United Nations Sustainable Development Goals:

The resource contributes to a Healthier Wales, a Prosperous Wales and a Globally Responsible Wales.

It also contributes to the United Nations Sustainable Development Goals Sustainable Cities and Communities, Responsible Consumption and Production and Climate Action.

## Links to other key legislation in Wales:

The Environment (Wales) Act 2016 requires public bodies to develop new ways of working to ensure the resilience of ecosystems and enhancement of biodiversity in all they do.

The Welsh Government wants the country to move from making and disposing of things to [re-using and recovering](#) products and materials wherever possible as explained in 'Beyond Recycling - a strategy to make the circular economy in Wales a reality'.

Public bodies also need to work towards Welsh Government's decarbonisation plan Prosperity for All: A Low Carbon Wales.

# Be the Change – Walking our Talk

## **What it is and how it can help:**

The resource provides simple steps to help reduce transport emissions and help improve our health and well-being. Travelling on foot, bicycle or public transport reduces emissions as well as saving us the stress of crowded roads and car parks.

This resource was published before our ways of working changed drastically due to the Coronavirus lockdown restrictions. Now some of us have become very used to working from home and travelling much less.

## **What's included in the resource:**

The resource has ideas and suggestions for ways in which organisations, teams and individuals can make changes that will help lower transport emissions and look after the planet by travelling on foot, cycling, using public transport, using the car less or working from home.

Read the resource for some great ideas to include exercise in your daily commute, or routine if you work from home. There are links to information to get you started.

## **Links to the Well-being of Future Generations (Wales) Act 2015 and the United Nations Sustainable Development Goals:**

The resource contributes to a Healthier Wales, a Prosperous Wales and a Resilient Wales.

It also contributes to the United Nations Sustainable Development Goals: Good Health and Well-being and Climate Action.

## **Links to other key legislation in Wales:**

Welsh Government's decarbonisation plan Prosperity for All: A Low Carbon Wales requires all public bodies in Wales to achieve net zero by 2030.

This resource also links to the 2021 Welsh Government Transport Strategy – Llwybr Newydd, which encourages people to walk, cycle or use public transport.

# Be the Change – Well-being Goals Challenge

## **What it is and how it can help:**

The resource inspires you to act by rising to one of six challenges to see how you can change your behaviour in seven days.

Try these challenges and you will be well on your way to thinking and acting in a more sustainable way, reducing your impact on the environment and learning more. Pass on your experiences and ideas you've tested to other teams, managers and policy makers.

## **What's included in the resource:**

There are six different challenges aimed at inspiring us all to act, to try to do something different. Take part on your own, or with your team or managers in a seven day challenge. Or commit yourself to a longer term challenge to look after wildlife, become an ethical consumer or embrace slow fashion.

These are guidelines to get you started, to make you think. There are also two great case studies from people who are already making some positive changes in the way they live.

## **Links to the Well-being of Future Generations (Wales) Act 2015 and the United Nations Sustainable Development Goals:**

All the Challenges in this document will help towards achieving all seven well-being goals identified in the Well-being of Future Generations (Wales) Act 2015.

The challenges will also mean you are achieving many of the United Nations Sustainable Development Goals, including Good Health and Well-being, Responsible Consumption and Production, Climate Action.

## **Links to other key legislation in Wales:**

The Environment (Wales) Act 2016 requires all public bodies to 'maintain and enhance biodiversity and promote the resilience of ecosystems' in everything they do.

Welsh Government's decarbonisation plan Prosperity for All: A Low Carbon Wales sets targets for public bodies to reduce greenhouse gas emissions to zero by 2030.

# Step Change for a Sustainable Planet: Implementing the United Nations Sustainable Development Goals: A toolkit for global organisations

## **What it is and how it can help:**

This toolkit is designed to help organisations and staff respond to the United Nations Sustainable Development Goals. It's a useful resource for any organisation, team or individual working to incorporate ways of protecting the future of people and planet by introducing new actions and new behaviour in everything they do at work and at home. Collectively we can all contribute to global change for the better.

## **What's included in the resource:**

An explanation of the Sustainable Development Goals and the Well-being of Future Generations (Wales) Act 2015. There are case studies of sustainable change at different levels from whole country to organisation to individual and several in between. There are examples of multi-sector collaborations, practical tools and resources, links to documents, research and reports and interactive links which provide additional information. There are also key messages, images and graphics you can use.

## **Links to the Well-being of Future Generations (Wales) Act 2015 and the United Nations Sustainable Development Goals:**

The toolkit explains that the seven well-being goals of the Well-being of Future Generations (Wales) Act 2015 are very closely linked to the United Nations Sustainable Development Goals. It includes information on a suite of resources developed by the Future Generations Commissioner to help public bodies in Wales meet their obligations.

The toolkit was developed to help organisations and their staff act to take steps to achieve all 17 United Nations Sustainable Development Goals.

## **Links to other key legislation in Wales:**

The Environment (Wales) Act 2016 requires all public bodies to 'maintain and enhance biodiversity and promote the resilience of ecosystems' in everything they do, together with new ways of working to achieve this.

Welsh Government's decarbonisation plan Prosperity for All: A Low Carbon Wales sets targets for public bodies to reduce greenhouse gas emissions to zero by 2030.



# Green Opportunities e-briefings

## What it is and how it can help:

The e-briefings capture knowledge, research and best practice to support a healthy and fair recovery from COVID-19. They cover a variety of themes and identify sustainable opportunities to support population health.

Many people have recognised that the huge changes we have experienced since 2020 are an opportunity to think about how we can change our ways and build a brighter, greener and more sustainable future for our planet. It's time to look at what we do and change our behaviour. The e-briefings will provide inspiration for organisations and individuals.

## What's included in the resource:

The Green Opportunities e-briefings have been inspired by the [WHO prescriptions](#) for a greener recovery. Each e-briefing looks at a big global issue and the impact of COVID-19. Themes covered include waste reduction, sustainable and active travel options, looking after our natural environment, energy and air pollution. There are real examples of action and resources to help you and your team think and make some changes. The e-briefings cover physical health and mental well-being, employment, vulnerable groups, young people. There's information from partner organisations in each, reminding us of the benefits of working with others to address these problems. They also include details of organisations which can provide support and resources too.

## Links to the Well-being of Future Generations (Wales) Act 2015 and the United Nations Sustainable Development Goals:

Each Green Opportunities has a different theme with many links to show ways to achieve the seven well-being goals.

You can also contribute towards many of the United Nations Sustainable Development Goals by taking actions suggested in the e-briefings.

## Links to other key legislation in Wales:

The Environment (Wales) Act 2016 requires public bodies to consider and contribute to sustainable management of natural resources and to maintain and enhance biodiversity.

Welsh Government's decarbonisation plan Prosperity for All: A Low Carbon Wales requires public bodies to achieve zero emissions by 2030.

Each e-briefing includes links to information on the relevant Welsh national targets or strategies.

# Sustainability Improvements for Teams (SIFT): How to guide

## What it is and how it can help:

Aimed at public bodies in Wales to help understand and incorporate the five ways of working into work planning and delivery to comply with the Well-being of Future Generations Act. The steps in this self-guided two-hour workshop will help identify actions to take to help achieve better ways of working and living, which protect the future for people and planet.

The things we need to do to meet the requirements of the Well-being of Future Generations Act can seem complicated. This resource will help you and your team understand the seven goals and five ways of working, and there is a good introduction in [The Essentials Guide](#).

## What's included in the resource:

The Sustainability Improvements for Teams workshop has all team members working together to help you to look at how you work and how that links to the requirements of the Well-being of Future Generations (Wales) Act 2015 and other related legislation. It explains the sustainable development principle and includes instructions on how to run the meeting with your team and develop an action plan. There's links to other reading. You can help other teams too, by sharing your ideas and achievements.

## Links to the Well-being of Future Generations (Wales) Act 2015 and the United Nations Sustainable Development Goals:

Supports teams to deliver the requirements of the Well-being of Future Generations (Wales) Act 2015 and incorporate the five ways of working.

You will be contributing towards all 17 United Nations Sustainable Development Goals.

## Links to other key legislation in Wales:

The Environment (Wales) Act 2016 sets out a requirement for the sustainable management of natural resources. This means there is a requirement on all of us to find new ways of working to achieve this.

Welsh Government's decarbonisation plan Prosperity for All: A Low Carbon Wales requires public bodies to be carbon neutral by 2030.

# Sustainability Improvement for Teams: Healthy Environment Workshop

## **What it is and how it can help:**

This workshop is a great way to get your whole team involved in discussing the big issues around climate change, clean air and reducing carbon emissions, loss of species and habitats, plastic pollution, and the health of people and planet. It will help you to identify the positive and negative impacts the team and all of us have on the environment and to develop an action plan to improve the positive and reduce or remove the negative, starting straight away. There are things we can all do. An open discussion can generate great ideas.

## **What's included in the resource:**

The workshop focusses on three interlinked themes – Biodiversity, Decarbonisation and Zero waste.

This resource contains a PowerPoint presentation and a script. There's introductory reading and links as well as a Facilitation Guide for whoever is organising the Workshop. There's also plenty of links to other reading, videos and resources to help get you and your team taking action for a brighter future for all of us, all species and the planet.

## **Links to the Well-being of Future Generations (Wales) Act 2015 and the United Nations Sustainable Development Goals:**

This document will help you work towards achieving all seven well-being goals.

You'll also be considering and working towards achieving the United Nations Sustainable Development Goals.

## **Links to other key legislation in Wales:**

Public bodies in Wales also have legal obligations and targets to meet in the Environment (Wales) Act 2016, which sets a requirement to consider natural resources in all their variety in everything we do.

This workshop also links to the Active Travel (Wales) Act 2013 by helping you take action to change your travel habits.

Welsh Government's decarbonisation plan Prosperity for All: A Low Carbon Wales requires public bodies to achieve carbon neutral by 2030.

# Implementing the Sustainable Development Principle: Lessons from a Literature Review on Implementing the Five Ways of Working

## **What it is and how it can help:**

The report identifies approaches and methods that have been successfully applied in health or in other sectors and organisations to incorporate sustainable development in everything that they do. It provides positive steps that a wide audience, including policy makers and teams can action. It looks at the way that many organisations work and challenges some conventional thinking. Organisations often have short term plans but need to think much longer term about these big issues. By thinking holistically about the health of the planet and human health we are all working to make a difference and a brighter future.

## **What's included in the resource:**

The Summary report brings together information from journals, core texts, news, magazine and online articles on each of the five ways of working. It contains summaries of many useful examples and gives recommendations based on these.

Each of the five ways of working– Prevention, Long-term, Integration, Collaboration and Involvement – have a separate section within this report with examples of successful projects and actions. There are useful summaries and tables of key learning which will provoke ideas, discussion and action.

There is also a full report available which is referenced in the introduction. Get ideas from this short summary or refer to the full report for greater detail.

## **Links to the Well-being of Future Generations (Wales) Act 2015 and the United Nations Sustainable Development Goals:**

All public bodies in Wales must report and provide evidence to demonstrate the ways they are achieving the Sustainable Development principle through the five ways of working, to embed the Well-being of Future Generations (Wales) Act 2015.

The literature search identified many examples relevant to adopting the United Nations Sustainable Development Goals which are incorporated within the five ways of working.

## **Links to other key legislation in Wales:**

The Environment (Wales) Act 2016 sets out a requirement for the sustainable management of natural resources.

Welsh Government's decarbonisation plan Prosperity for All: A Low Carbon Wales requires public bodies to achieve carbon neutral by 2030.

# Progressing the Sustainable Development Goals through Health in All Policies: Case studies from around the world

## **What it is and how it can help:**

It contains a discussion and gives practical examples and inspiration for anyone trying to incorporate complex global issues including sustaining a healthy planet or ensuring human health, in all decision making and planning across an organisation or sectors. Case studies from around the world demonstrate different techniques. It's useful for anyone trying to innovate or improve the health of people and planet as well as those leading change, or working at policy level.

## **What's included in the resource:**

An introduction to the development of Health in All Policies and consideration of the links between health and the Sustainable Development Goals.

The report gives examples and methods for incorporating health and sustainable development across all policies and work areas through cross sector working. It includes examples from countries which have considered health across all areas of policy making for years, to those which are in the process of adopting this way of working. The case studies reflect a diversity of approaches, give insight, advice and explanations.

## **Links to the Well-being of Future Generations (Wales) Act 2015 and the United Nations Sustainable Development Goals:**

The Well-being of Future Generations (Wales) Act 2015 and The United Nations Sustainable Development Goals call for an integrated approach to policy-making working across all sectors to address today's challenges and promote a safe, healthy, equal future for all and for the planet.

## **Links to other key legislation in Wales:**

The Environment (Wales) Act 2016 requires public bodies to ensure that the protection of natural resources now and in the future is a key consideration in all decision making.

Welsh Government's decarbonisation plan Prosperity for All: A Low Carbon Wales requires all public bodies to become carbon neutral by 2030 and requires all individuals and teams to take action to reduce their impacts.



# Creating healthier places and spaces for our present and future generations

## What it is and how it can help:

This resource aims to help us to take actions, work together and make decisions that enhance health and well-being for people and places. It contains information, resources and suggestions to enable us to think about the ways the natural and built environment affect us all.

This resource is useful for many especially those responsible for decision making, planning, designing or developing built environments, parks and open spaces, delivering healthcare, or promoting well-being, clean air and the importance of good urban space and wild places.

## What's included in the resource:

This resource describes and explains how green spaces, access to healthy food, opportunities to be active, clean air, well-designed buildings, and supportive local facilities can help people and communities thrive. There are summaries of evidence and research. It includes tables of information showing things to consider, to prompt ideas and actions.

There are examples showing how improvements in well-being have been made by considering use of places and spaces. There is a list of useful resources and references for further reading.

## Links to the Well-being of Future Generations (Wales) Act 2015 and the United Nations Sustainable Development Goals:

Throughout this resource there are notes showing which of the well-being goals are covered in each of the examples. Actions that could support the delivery of the five ways of working are covered.

The United Nations Sustainable Development Goals show the inseparable link between well-being of the natural environment and human health. Most of them are covered in the five ways of working.

## Links to other key legislation in Wales:

The Environment (Wales) Act 2016 requires public bodies to consider their impact on biodiversity and the Natural Resources Policy also states that natural resources are vital for physical and mental health and well-being.

The Public Health (Wales) Act 2017 requires Health Impact Assessments as part of strategic decision making, planning or other proposals which affect use of the local environment.

Active Travel (Wales) Act 2013 and the revised Environmental Impact Assessment Regulations 2017 also mention that the built and natural environment can promote health and well-being.

# Sustainable development in Wales and other regions in Europe – achieving health and equity for present and future generations

## What it is and how it can help:

This report can help staff in local and regional organisations see how they can make global priorities into local actions. Health, equity and sustainability are all interlinked and should be considered across all policies and in all areas of work. It explains that collaboration with others across sectors is beneficial, rewarding and a vital skill in these urgent times where we all need to act to protect and promote human health and the health of the planet that sustains us.

## What's included in the resource:

This World Health Organization report contains the experiences and insights of countries trying to incorporate consideration of the future of the planet and natural resources, human health and reduction of pollution into policies and actions. It contains practical examples. Key messages include the vital importance of involving local and regional organisations and individuals; adopting innovative approaches and partnerships across sectors; monitoring to show progress and for evaluation; and sharing of experiences and learning from others.

## Links to the Well-being of Future Generations (Wales) Act 2015 and the United Nations Sustainable Development Goals:

This report describes The Well-being of Future Generations (Wales) Act 2015 with experiences on implementation from the health sector.

This report suggests practical approaches for promoting the inclusion of the United Nations Sustainable Development Goals in all policies and across all levels of society.

## Links to other key legislation in Wales:

The Environment (Wales) Act 2016 requires all public bodies to consider protection and improvement of local and global natural resources in all that they do.

Welsh Government's decarbonisation plan Prosperity for All: A Low Carbon Wales sets targets for reducing greenhouse gas emissions. This will have a beneficial impact on health and the environment.

This resource also links to the Public Health (Wales) Act 2017, the Social Services and Well-being (Wales) Act 2014, the Active Travel (Wales) Act 2013.

# Circular Economies and Sustainable Health and Well-being: The public health impact of public bodies refocusing on waste reduction and reuse in Wales.

## What it is and how it can help:

To consider the health and well-being impacts of developing a circular economy, one in which there is no waste because resources are repaired or reused. This report looks at any problems and benefits for people and organisations as a result of moving to a circular economy.

This report will help you to think about possible problems and benefits which may affect different sectors or people over the transitional period and in the long term. It identifies actions that can be implemented by public bodies, other organisations, communities and individuals to maximise health and well-being in relation to developing a circular economy.

## What's included in the resource:

This report contains a review of evidence from academic research, news articles and other publications and online resources, plus experiences from a wide variety of people working in health and well-being through the Coronavirus pandemic. It also identifies gaps in evidence and reporting. The many long term benefits of a circular economy for people and planet are discussed.

## Links to the Well-being of Future Generations (Wales) Act 2015 and the United Nations Sustainable Development Goals:

The resource contributes to A Healthier Wales and a Globally Responsible Wales.

It also contributes to United Nations Sustainable Development Goals Sustainable Cities and Communities, Responsible Production and Consumption, and Reduced Inequalities. A circular economy would help towards achieving all the goals as it is based on an appreciation that we live on a life-giving planet with finite resources which we must only use at a level that can be replaced.

## Links to other key legislation in Wales:

The Welsh Government's 'Beyond Recycling – a strategy to make the circular economy in Wales a reality' includes an ambition for Wales to recycle 70% of all waste by 2025, and be 'zero waste' by 2050. Public bodies need to monitor and report their actions and results.

The Environment (Wales) Act 2016 requires public authorities to 'maintain and enhance biodiversity and promote the resilience of ecosystems'. Reducing waste will mean a reduction in pollution of soil, water and air.

# Annex 1

The resources produced by the Hub consider the breadth of topics covered by the well-being goals, and also contribute to other legislation in Wales.

They also support positive action across the five levels of sustainable change (country, system, organisation, team and individual) and are listed below to show which would be most useful to read for each category.

## Level of sustainable change: COUNTRY

Progressing the Sustainable Development Goals through Health in All Policies:  
Case studies from around the world

Implementing the Sustainable Development Principle:  
Lessons from a Literature Review on Implementing the Five Ways of Working

## Level of sustainable change: SYSTEM

Implementing the Sustainable Development Principle:  
Lessons from a Literature Review on Implementing the Five Ways of Working

## Level of sustainable change: ORGANISATION

Green Opportunities quarterly e-brief to promote a green recovery from COVID-19 pandemic.

Implementing the Sustainable Development Principle:  
Lessons from a Literature Review on Implementing the Five Ways of Working

Step Change for a Sustainable Planet: Implementing the United Nations Sustainable Development Goals: A toolkit for global organisations

Circular Economies and Sustainable Health and Well-being:  
The public health impact of public bodies refocusing on waste reduction and reuse in Wales.

## Level of sustainable change: TEAM

Sustainability Improvements for Teams: How to guide

Sustainability Improvements for Teams: Healthy Environment Workshop

'Be the Change' series:

- Be the Change - Sustainable Steps towards Wales' well-being goals
- Be the Change - Helping Nature to Flourish
- Be the Change - A Healthy Heritage
- Be the Change - Creating Inclusive Workplaces
- Be the Change - Sustainable Home and Agile-Working
- Be the Change - Reducing our Waste Measurements
- Be the Change - Sustainability on the Agenda
- Be the Change - Walking our Talk
- Be the Change - Well-being Goals Challenge

## Level of sustainable change: INDIVIDUAL

'Be the Change' series (see TEAM above)