



# Iechyd Plant a Phobl Ifanc Health of Children and Young People

## Improving the health of children and young people in North Wales

by

*Sian Ap Dewi, Principal Public Health Practitioner*

### Setting / background

There are around 200,000 children and young people (0-24 year olds) living in North Wales. Improving the health and well-being of this age group requires action from many different organisations and groups.

### Issue to be addressed

Knowing what can be done, what works and who needs to be involved is always a challenge. A comprehensive publication with the latest evidence is a vital resource.

### What we did

The publication of the [\*Health of Children and Young People\*](#) report provided a rich source of evidence. The 'Actions to improve health and well-being' chapter of the main report helped shape the Executive Director of Public Health's Annual Report 2014 - [\*Children and Young People are Our Future: An Asset-based approach\*](#). This report incorporated some of the proposed actions recommended in the Observatory's *Health of Children and Young People in Wales* report.

### Outcomes and learning

The *Health of Children and Young People* report provided a wealth of knowledge and has helped shape my thinking on what the priorities need to be for improving the health and well-being of children and young people here in North Wales. It has also reinforced for me the message that no single group or initiative can deal with a problem completely; partnership working is needed to improve the health of our children and young people.

Having the 'Actions to improve health and well-being' chapter of the main report readily available has been particularly useful. Building on the Health of Children report we went a step further with the 2014's Executive Director of Public Health's Annual Report. We took time to undertake local focus groups which involved intensive engagement with children to find out more about what they think makes them healthy. The children came up with interesting comments including the importance of sleep, friendships, what they ate and the value of exercise.

My observation would be that the Public Health Wales Observatory products really do support the everyday work of Local Public Health Teams.

