

**Rhwydwaith Iechyd  
Cyhoeddus Cymru  
Public Health  
Network Cymru**



**Triple Challenge  
January 2022**

# Welcome

Welcome to the January edition of the e-bulletin and Happy New Year to you all.

Public Health Wales recently published a report which highlights how the combined effects of Brexit, COVID-19 and Climate Change will have direct and indirect impacts on the health and well-being of the population. During 2022 we will be focusing on these issues through our webinar and e-bulletin series, particularly how these issues impact on existing inequalities in Wales and what can be done to reduce these impacts.

As we are still in times of uncertainty with the emergence of new variants, our January e-bulletin focuses on COVID-19, and in particular initiatives which play a part in reducing the continued impacts of the pandemic on mental health, resilience and well-being.

We have a webinar coming up in February entitled 'How can social businesses help us recover from Covid as well as tackle climate change?' Further information about this webinar can be found further on in this e-bulletin or via our [website](#).

We would love to hear about any additional information, case studies or tips to share with the wider public health community in Wales in future e-bulletins and our website so please get in touch with us at [Publichealth.network@wales.nhs.uk](mailto:Publichealth.network@wales.nhs.uk) or find us on twitter [@PHNetworkCymru](https://twitter.com/PHNetworkCymru)

## Contact us

You can contact Public Health Network Cymru in a variety of ways

Email us  
[publichealth.network@wales.nhs.uk](mailto:publichealth.network@wales.nhs.uk)

Write to us  
Public Health Network Cymru,  
Public Health Wales, Floor 5,  
Number 2 Capital Quarter,  
Tyndall Street, Cardiff, CF10 4BZ

Social media  
Twitter: [@PHNetworkCymru](https://twitter.com/PHNetworkCymru)  
Facebook: [Publichealthnetworkcymru](https://www.facebook.com/Publichealthnetworkcymru)



# Contents

Click the heading to go to the page

COVID-19 Information

4

Headlines

6

Podcasts

16

Videos

17

The Grapevine

18

News

20

Events

21

List of PHNC Topics

21

Next Issue

22

# COVID-19

## Information for professionals

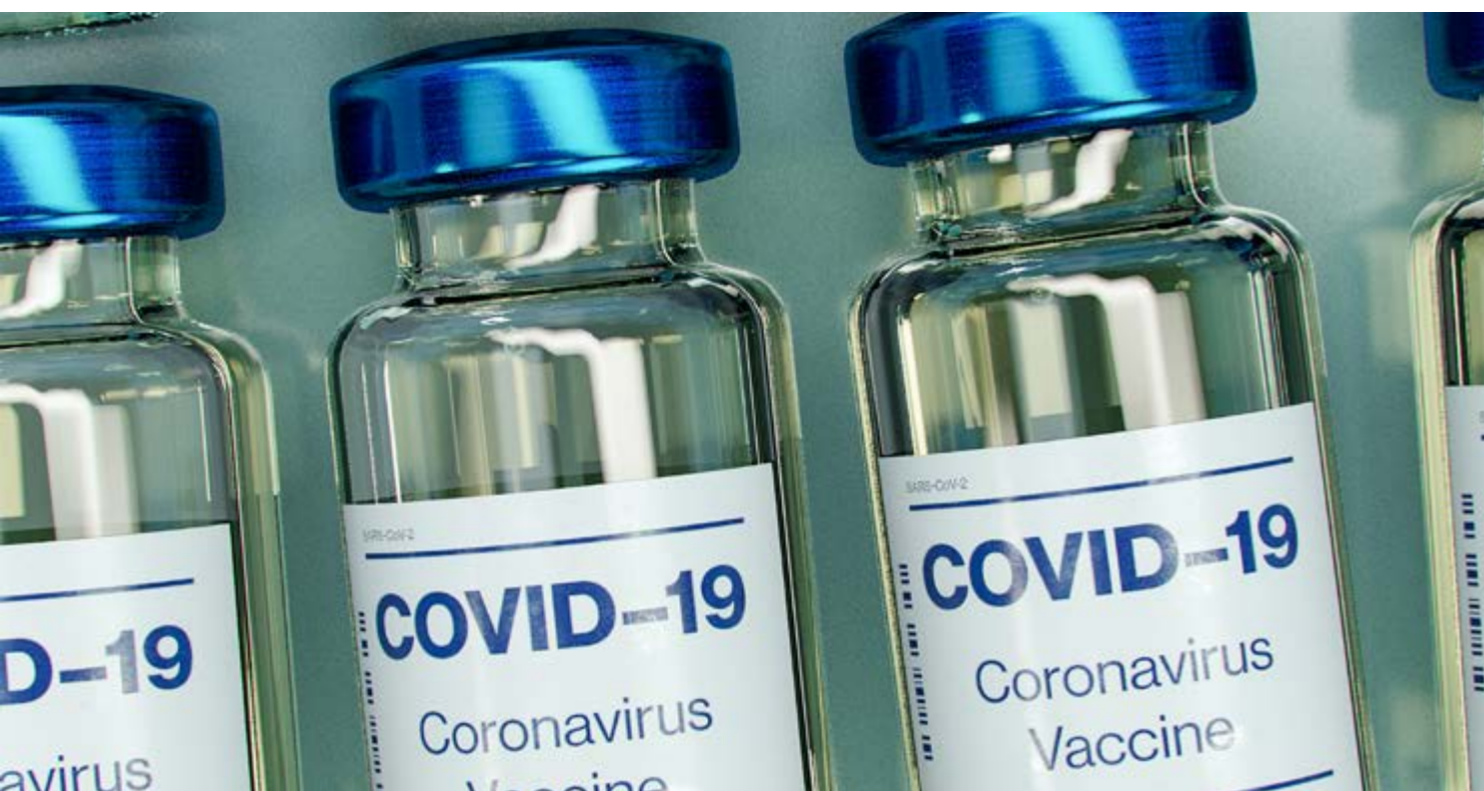
### Latest information on Coronavirus disease (COVID-19)

Public Health Wales is working closely with the Welsh Government and the other UK public health agencies to carefully monitor the situation and implement our planned response, with measures in place to protect the health of the public.

The guidance on the measures needed in response to Coronavirus changes rapidly. It's worth always checking the [latest information from Public Health Wales](#).

You can find links to a wide range of sources on Public Health Network Cymru's Coronavirus (COVID-19) page [here](#).

Public Health Network Cymru welcomes feedback on this selection, and suggestions for additional sources that may be of interest to the public health community in Wales.



## Links to the latest information

[Public Health Wales](#)

[Senedd Research](#)

[Welsh Government](#)

[Public Health Wales: 'How are you doing?' Campaign](#)

[Public Health Wales: COVID-19 information and campaigns](#)

[UK Government](#)

[WHO Coronavirus](#)

## COVID-19 Vaccination Information

[Public Health Wales](#)

[Public Health Wales Accessible Information](#)

[Public Health Wales: COVID-19 Vaccination Campaign Materials](#)

[Welsh Government](#)



# Headlines

## Developing Interventions in a Memory Clinic During a Pandemic

Judith Kimber, Clinical Specialist Occupational Therapist, Memory Clinic Gwynedd and Anglesey, Betsi Cadwaladr University Health Board

The Memory Clinic for Anglesey and Gwynedd is a nurse led, assessment and diagnostic service targeted at people presenting in the mild to moderate stages of a suspected dementia. Prior to the pandemic Occupational Therapy (OT) led interventions were being reviewed and developed in order to respond to the large rural geographical region covered, variable group uptake, resources and skill mix within the team, current recommendations of evidenced based practice, and in response to feedback from service users and their supporters.

Planned roll out of the Home Based Memory Rehabilitation Programme (HBMR), group and individual Cognitive Stimulation Therapy (CST) at the start of 2020 was cancelled due to service suspension and staff redeployment; however, on resuming the service under a new hybrid model in June 2020, this was revisited. Given the Alzheimer's Society Covid-19 Impact Report (2020) on the detrimental effects of the pandemic and the teams experiences of working again with our client group it was felt essential that the service was able to proceed with developments in order to best support our service users.

Individual CST was piloted using remote methods, either telephone or video call,

with feedback gained from service users and their supporters at every stage in a co-production approach. Uptake has been 87% following the offer post diagnostically, with a success rate of 91%. This has now been rolled out as an active offer of post diagnostic intervention, in Welsh and English languages, and run by experienced health care support workers under OT supervision. Feedback has been extremely positive, with clients' confidence, language skills, autonomy and engagement notably improving as the session's progress.

HBMR, based on cognitive rehabilitation principles, was also piloted using remote methods and now runs bridging as a pre-post diagnostic intervention led by OT. Client feedback has been positive, with weekly goals set working towards improved confidence and independence. Uptake for HBMR following an offer has been 100%, with an 87% success rate. Success is listed for both interventions as an individual completing a programme in full, but the feedback received from service users is a true measure.

"I'm feeling more confident and can see the benefits"- This individual started the CST sessions with their partner present and was initially nervous and feeling they would not be able to organize themselves. They had

also really lost confidence in conversation due to word finding difficulties. After the third session their partner had been dispatched as they were feeling confident enough to engage independently, and by the end of the session's confidence on the phone and in conversation more broadly had improved significantly.

For those few who HBMR has not worked for, we have been able to transition to

individual CST as an alternative less intensive programme which has been really effective, and is reflected in the intervention pathway we have developed. The intervention programmes have provided enhanced opportunity to offer active ongoing support, and to encourage continued engagement on their conclusion through appropriate signposting to local tertiary and commissioned services.

## Landscapes for Everyone: Welsh National Parks (2021)



Welsh National Parks recognised that the Covid-19 pandemic would have a long lasting impact that would require a change to the way they deliver services and engage with the people, communities who live, and visit in them. In response to the pandemic National Park Authorities have worked with partners in many sectors including culture, education and heritage, health and social care, tourism and recreation, as well as with key industries in the local economies such as farming, tourism and recreation to help support their communities. New projects and ways of working have been embraced including digital opportunities to connect and share information.

'Landscapes for Everyone' contains a

position statement, principles and priority areas to guide the efforts of Welsh National Parks to help it become a healthier, fairer and more equal nation for current and future generations. Landscapes for Everyone provides the policy context and position statement from which the three Welsh National Parks will be building programmes of work and collaborations going forward.

The document details how Welsh National Parks will reach out beyond traditional audiences and engage a more diverse cross section of Welsh society so that they have a stake in the national landscapes and also have equity in the potential health and well-being benefits to be enjoyed from them. The Covid-19 pandemic highlighted the



importance of nature to human health and wellbeing. The pandemic also shone a light on inequality as the direct and indirect impacts of the pandemic was felt by the most vulnerable in society across the board, including housing, health and disability, age, education and also economically.



Including references to Public Health Wales’ ‘triple challenge’ a number of cross cutting factors are outlined in Landscapes for Everyone providing the context in which the work of the Welsh National Parks is to be delivered. Landscapes for Everyone identifies the role of Welsh National Parks in addressing poverty and the wider determinants of health through the opportunities they provided as health assets and promoting social inclusion. Opportunities like social prescribing and understanding the work of Welsh National Parks through holistic approaches such as Five Ways to Wellbeing will help this work. In addition, Welsh National Parks have a responsibility to advocate the principles of sustainable tourism in supporting the wellbeing of our communities to ensure that the language and culture are protected.

As National Parks respond to the challenge of climate change and pursue decarbonisation activities, it is important to ensure that solutions take account of the needs of those on lower incomes or experiencing social disadvantage.

Contact Hannah Buck  
[hannahb@pembrokeshirecoast.org.uk](mailto:hannahb@pembrokeshirecoast.org.uk)

evening at The Riverfront Theatre & Arts Centre and will focus on a range of topics including healthy eating, changing behaviour, sleep problems and drugs, gambling and alcohol addiction. Participants will also have the opportunity to partake in a range of fitness session on a Thursday evening including the Couch to 5k initiative from Public Health England and the BBC, which was designed to encourage non-exercisers to take positive steps for their health and wellbeing. Access to Newport Live fitness facilities, including a range of personalised fitness support, will also be available to participants throughout the project duration.

Ellis Redman, Wellbeing Ambassador at Newport Live said “As a result of the pandemic, negative health behaviours such as physical inactivity and social isolation have increased tenfold and are key contributors to poor mental health. Newport Live’s Happier Healthier Men project will play a pivotal role in tackling the stigma and sense of taboo still surrounding men’s mental health. By attending the project we hope participants can reduce the time spent on their own by building social confidence by meeting others and develop friendships.”

Richard Dale, Head of Business Development at Newport Live said “The aim of the project is to find support, encouragement, and commonality amongst the group. The focus of needs led by the participants with staff taking a steer on the direction required to meet the group’s needs. Lifestyle and behaviour changes are far more effective if you can surround yourself with likeminded individuals who are going to share and encourage you on your own personal journey. Newport Live is committed to reducing barriers to participation and developing projects that aim to inspire residents to be happier and healthier.”

The intimate nature of the Happier Healthier Men project means a safe space has been created for a supportive peer group where participants can meet others who have mental health issues, speak openly and freely about men’s mental health, and learn from each other’s own experience.

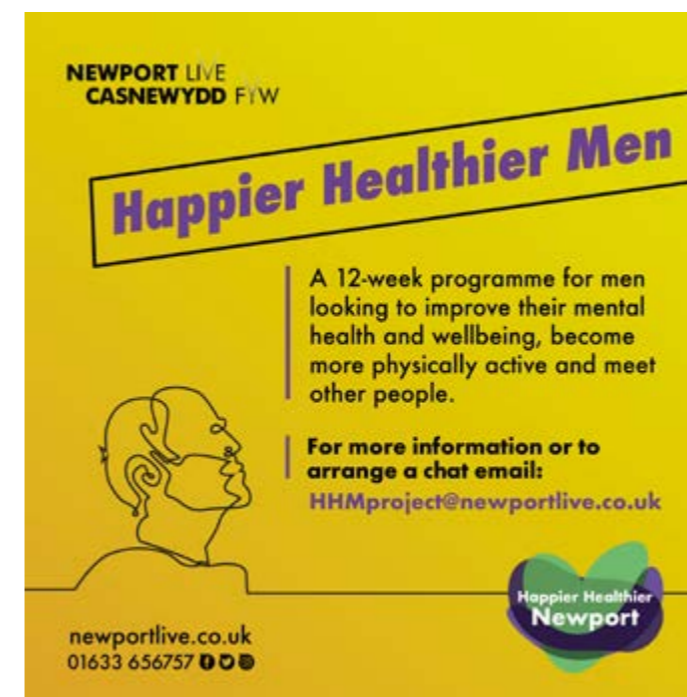
To find out further information about the Happier Healthier Men project or to speak with Newport Live’s Wellness team email [HHMproject@newportlive.co.uk](mailto:HHMproject@newportlive.co.uk) or contact 01633656757.

## Newport Live Happier Healthier Men Project

Newport Live’s Wellness Team have launched the Happier Healthier Men project, a new 12 week pilot project for men aged 20 – 50 years living in Newport and the surrounding areas who are looking to improve their mental health and wellbeing, are physically inactive or socially isolated.

The project will use a range of interactive and needs-led approaches as well as provide a safe, non-judgemental space for men to socialise and speak openly about their mental health.

Project sessions will take place on a Monday





## Single Parents Wellbeing



### Single Parents Llesiant Wellbeing Rhieni Sengl

Single parents who are trying to navigate the challenges and trials of everyday life in normal circumstances, have been hit hard by COVID-19 which has left them even more isolated than normal. It is an intensely stressful experience being a lone adult on constant duty with no relief. For them, multiple lockdowns and restrictions have been an emotional and logistical rollercoaster; worrying about coping with infection on their own, their children's social isolation and anxieties, trying to deal with home schooling and the logistics of work with no support networks. This has all had a negative impact on parents and children's mental health.

"I am incredibly isolated as a lone parent with no support. Not only that but I am self-employed, so my income has been massively affected. The one parent/one child dynamic is intense and the lack of being able to have down time is impacting on my responses as a parent."

From the very start of the pandemic in 2020 [Single Parents Wellbeing \(SPW\)](#) has responded to single parents needs by adapting as many activities as possible online. It has been a steep learning curve but, as a small peer-led organisation, they have been able to respond quickly and flexibly to what single parents have asked for.

[Wellbeing Workshops](#) are invaluable in

bringing single parents together in 6 weekly thought-provoking mental health workshops, specifically tailored to issues that impact on single parents' lives. The sessions cover issues such as: becoming a single parent, building confidence, managing difficult relationships, positive thinking, and mental health. Single parents are supported to set their own goals and encouraged to get involved with SPW's wider activities including volunteering. Since 2020 we have adapted the sessions to online, held in the evenings when the children have gone to bed. The sessions can reach single parents all over Wales.

We have also been delivering online creative workshops ([Connecting Creatively](#)) to single parent families isolated at home, enabling them to spend constructive time together in a shared activity. The aim of the workshops is to create connections and strengthen relationships, supporting mental health and resilience in both parents and children. Families enjoy such activities as creating superhero worry dolls, learning circus skills and creative bedtime story telling. 95% of single parents who took part in the pilot told us that the sessions provide an important opportunity for parents and children to spend quality time together. They also said that being part of a peer group of single parent families helps them to feel less lonely.

SPW are continuing to develop online activities that help meet the challenges of COVID-19.

"It's very lonely and stressful being alone with 2 children at home and trying to educate them, it was nice to have the zoom meeting with others in the same situation. It's nice to know Single Parents Wellbeing are trying to help single parents when the rest of the world have forgotten about them."

## Conwy Youth Service



Over the last two years, at Conwy Youth Service, we have seen a significant increase in young people experiencing mental health issues due to the pandemic. Young people have been unable to see their friends and family, teachers, coaches and youth workers in the way they were used to. This has left them with a lack of the support that they could access before the pandemic. There is also the issue of the impact on education, employment and training from the pandemic itself. Conwy is a tourism area, for many young people their first foray into employment would be in the hospitality sector. This sector is one that has had to adapt over the pandemic, with many changes to rules and regulations. This in turn has had an effect on our young people's opportunities to gain experience and employment. Add this to other social factors and it is no wonder that we are seeing an increase in terms of mental health issues.

We have developed a core-funded project known as Prosiect Cynnydd Project. This was created to take over when the EU funded ADTRAC project finished due to recognising that the need for 16-24 year old young people are continuing to need

support into employment, education or training, (NEET). During the pandemic, mentors continue working with NEET young people, and adapt to the changing rules. We keep in touch with these young people and where possible continue to progress them into education and training.

For many of our participants, they needed support to get them through the difficult time of lockdown. Our mentors did this by keeping regular contact by phone or FaceTime, and for vulnerable young people continued to carry out doorstep visits, whilst adhering to strict Covid social distancing regulations. This was crucial support to many of our young people and gave them someone to talk to about the path they were on and the fears they were experiencing at this very scary time. Socially distanced walks, when allowed, and encouragement to practice the 5 ways to wellbeing were given to help with their wellbeing and help them have a sense of normality.

Seren is another initiative that we have set up to help our most vulnerable.



young people. This group is made up of young people who are referred to us by school based counselling services or identified by our community team. It is a closed, small group, who meet weekly and sessions are based on what they tell us they enjoy most to help with their wellbeing and resilience. It is also a good opportunity to talk individually about what is affecting their wellbeing.

We work closely with MIND Conwy and are able to refer young people who need extra mental health support. This is ideal for those that are waiting to be seen by CAMHS.

## Reducing the Health Inequalities for people with a learning disability

Cwm Taff People First are trying to reduce the health inequalities that exist for people with a learning disability. Our current initiative is to train some of our members as a Health Champion. This involves our members working with other people with a learning disability to educate them about annual health checks and encourage people to look after their own health. We are running sessions on the importance of vitamins, mindfulness and encouraging exercise and a healthy diet.

The health champions will also deliver training to GP's in the local area to remind them about the importance of an annual health check and how GP's can identify physical and mental issues early on, and a reminder of how reasonable adjustments can be made and the difference this can make.

We have also secured funding to create resilience and wellbeing outdoor adventure days. Along with accredited cookery and nutrition courses that will help with their budgeting when planning to shop.

For further information please contact:

[youthservice@conwy.gov.uk](mailto:youthservice@conwy.gov.uk)

01492 575100

[gwasanaethieuenctid@conwy.gov.uk](mailto:gwasanaethieuenctid@conwy.gov.uk)

[www.fb.me/GIConwyYS](http://www.fb.me/GIConwyYS)

During the pandemic this has meant that very few of our members have received an annual health check for 2 years. This means that early intervention is not happening and early indicators are being missed.

We will be producing a DVD to go alongside the Health Pack so that it can be easily accessed by all GP's even if they are unable to receive the training face to face.

Our members are also being encouraged to take up the offer of a flu vaccine.

For further information please contact:

Emma Alcock

Project Co-ordinator

[emma@rctpeoplefirst.org.uk](mailto:emma@rctpeoplefirst.org.uk)

## Children at the heart of Wales: how has COVID-19 affected their physical activity levels, mental health and well-being over time?

Wales has made a legislative commitment to consider and champion children and young people's (CYPs) health through the United Nations Convention on the Rights of the Child (UNCRC) and the Sustainable Development Goals (SDGs). Imperatively, both policies focus on the key health outcomes discussed here: physical activity levels, mental health and well-being. In May 2020, the Children's Commissioner for Wales consultation with young people in Wales highlighted their concern for their mental health during the pandemic and engaging in more play time and relaxing time (which included exercise).

With such concerns and changes in CYPs behaviour and emotions, and the prolonged precarity of knowing what restrictions will be legislated from month to month, it is important to measure and track CYPs physical activity levels, mental health and well-being to provide insights to partners in Wales (e.g. Sport Wales, Welsh Government) who can respond to the needs of the next generation. In response, the [Welsh Institute of Physical Activity, Health and Sport \(WIPAHS\)](#) explored the effects of COVID-19 on CYP's physical activity levels, and its reciprocal relationship with mental health and well-being during and following pandemic-related restrictions to human movement.

The study involves CYP aged 8 to 18 years from across Wales completing a short online questionnaire and a sub-sample of around 800 CYP wearing a

physical activity monitor for seven days to provide a device-based measure of their activity levels. There has been three data collection time-points, with the fourth time-point in preparation. Data collection first took place during a national lockdown (January 2021), then when all CYP returned to school but there were still some level of restriction (April 2021) and subsequently when all CYP in school there were no restrictions (October 2021).

We observed that CYP increased the amount of time they spent doing daily moderate-to-vigorous physical activity (MVPA) and decreased their sedentary time over the time-points. Specifically, during lockdown, CYP spent 38 minutes/day in MVPA which increased to 51 minutes/day when they returned to school. Of importance, only 14.7% of children met the UK government MVPA guidelines during lockdown, compared to 32.8% upon return to school. For sedentary time, children on average spent just over 14 hours a day sedentary during lockdown, which decreased to 12.5 hours upon return to school.

The mental health and well-being indicators improved significantly upon the return to school. Of concern, during lockdown three in four CYP (75%) reported a negative psychological response, which included sadness, stress/anxiety, frustration, anger, boredom, and loneliness. However, a small number of the participants identified experiencing a positive psychological response, due to feeling safe at home,



having a supportive home environment and or being away from school.

WIPAHS' combined approach of surveillance, where physical activity monitors complement self-reported questionnaire data, provides vital insights to the nation's health. This study is one of the largest accelerometer-based studies and is an opportunity for Wales to continue to be an exemplary case study for its efforts to collect data to inform the next steps as we emerge out of the pandemic.



## Nature for Health

The Nature for Health programme, launched in 2018 is a collaborative project that engages with communities to promote the role access to nature can play in improving health and wellbeing. Health care professionals and other organisations can refer service users through social prescribing pathways. The programme welcomes people of all abilities to get involved with conservation and healthy outdoor lifestyle activities.

Throughout the pandemic, use of local green spaces greatly increased, highlighting how much we value and rely on them. As our communities recover from the pandemic and are met with the challenges climate change and brexit will bring, Nature for Health embraces this opportunity to optimise lifelong physical activity habits using our natural resources, and for residents to continue gaining the acute impact green spaces have on stress, anxiety and overall mood.

Physical activity combined with access to

green spaces is a recommended non-pharmacological method which can aid recovery from illness, and is associated with reduced levels of depression, anxiety, fatigue and improved quality of life in children and adults.

Spending time in the outdoors can also significantly contribute to a preventative health agenda tackling obesity, type 2 diabetes, mental health, isolation and loneliness, while also benefitting citizens physically by lowering risk levels of cardiovascular disease through maintaining a healthier body weight. Short bouts of movement are recommended to increase physical activity and Nature for Health enables participants to improve their fitness, allowing a range of participants to engage in conservation based activities. Individuals with heart conditions and disabilities have particularly benefitted from shorter sessions. Feedback mentions “enjoying the company and working outdoors, jobs are more varied than I expected and were ones

ones I could easily do that were not at ground level”.

In continued efforts to improve community wellbeing we have been encouraging people to notice ‘3 good things’ when outdoors and have also installed some reclined observing chairs as research suggests that connecting with nature has also shown increased pro-conservation behaviours along with positive effects on health and eudemonic wellbeing in comparison to just time spent in nature.

Nature for Health is perfect for social distancing while still feeling part of a group. With a variety of activities on offer to promote community cohesion and teach traditional skills such as willow weaving, scything and hedgelaying, we also work closely with other project teams to deliver art in nature activities.

Nature for Health is a fundamental programme in delivering the Welsh Government Healthy Weight, Healthy Wales initiative, but also in addressing the ‘TripleChallenge’. It provides disadvantaged groups free accessible sessions, supports an alternative food production source and provides participants a means to improve their health and wellbeing, thus a useful tool in the drive to build a fairer society. Nature for Health brings opportunities to residents’ doorsteps that promote social cohesion and encourage people to take pride in their green spaces, to improve biodiversity and conservation efforts and to mitigate the impacts of climate change and food insecurity in their communities.

Contact: [natureforhealth@denbighshire.gov.uk](mailto:natureforhealth@denbighshire.gov.uk)



### Boost your health and wellbeing with nature

**Winter 2022**

Day	Place and Time	Time	Activity
Tuesday	Rhyl - Glan Morfa, Brickfield Pond, Rhyl Cut	10am - 1pm	Practical conservation tasks
Tuesday	Llangollen - Plas Newydd	10am - 12pm	Gardening tasks
Tuesday	Llangollen - Plas Newydd, Wenffrwd, Pengwern	1pm - 2:30pm	Practical conservation tasks
Wednesday	Corwen - Dol Corwenna, Clawdd Poncen	10am - 12pm	Practical conservation tasks
Wednesday	Corwen Community Garden	1pm - 3pm	Gardening tasks
Thursday	Prestatyn, Coed y Morfa	10am - 12pm	Practical conservation tasks
Friday	Rhyl, Rhuddlan, Prestatyn, Dyserth on weekly rotation	10:30am - 12pm	Nordic Walk and a natter

Join us at a Nature for Health session near you. Activities are suitable for all abilities and fitness levels.

For more information contact [NatureforHealth@denbighshire.gov.uk](mailto:NatureforHealth@denbighshire.gov.uk) or check out our social media pages, details below.




Denbighshire Countryside Service  
Clwydian Range and Dee Valley  
Denbighshire Housing


Brecon Clwyd & Dyffwrdd Bydnes  
Clwydian Range and Dee Valley


Cyfoeth Naturiol Cymru  
Natural Resources Wales


sir ddinbych denbighshire  
gwasanaeth oeth gwlad  
countryside service


Cyflwyno i'r Uwell  
Well Connected


Tai Sir Ddinbych  
Denbighshire Housing


Uwchrath Cymru  
Welsh Government



# Podcasts

## Listen to our latest podcast

### Basic Income, Health and Wales

Where has basic income been introduced and for whom, and what can we learn from these experiences? What health impacts can we anticipate, and how will basic income impact upon the wider determinants of health?

[Listen](#)

## More Podcasts

[Valleys Regional Park](#)

[Listen](#)

[Vaccine Hesitancy in Wales](#)

[Listen](#)

[The Impact of COVID-19 on Children](#)

[Listen](#)

[See all podcasts](#)

## Contribute to our Podcast?

If you are interested in recording a podcast with us, get in touch via email: [publichealth.network@wales.nhs.uk](mailto:publichealth.network@wales.nhs.uk)

# Videos

## Watch our latest video



### How might new trade agreements affect public health in Wales?

Trade agreements have the potential to affect health and well-being in Wales in many ways – from the food we eat to our healthcare services, job market and ability to invest in public services. They may also affect the ability of the Welsh Government to improve public health through new policy.

[Watch](#)

## More Videos



### Climate Change, the Welsh Perspective

Climate change is the greatest global health threat facing the world in the 21st century and affects many of the social and environmental determinants of health – clean air, safe drinking water, sufficient food and secure shelter.

[Watch](#)

[See all videos](#)



### The Importance of Social Prescribing

Following the COVID-19 global pandemic and the subsequent multiple effects on the health and wellbeing of the population, there has never a better time to embrace social prescribing in healthcare.

[Watch](#)

# The Grapevine

## How can social businesses help us recover from Covid as well as tackle climate change?

Wednesday 16 February 2022, 14:00-15:00

In this [webinar](#) organised by Public Health Network Cymru we will hear from Glenn Bowen who is the Enterprise Programme Director for the Wales Co-operative Centre.

The Wales Co-operative Centre is an independent co-operative that works with people, communities and enterprises to improve their lives and livelihoods. They

help to strengthen and empower Welsh communities by supporting the growth of co-operatives and social enterprises, and by collaboratively delivering projects that provide skills and tackle exclusion.

Glenn will give an overview of social enterprises, co-operatives and employee owned business and the opportunities for co-ops and social enterprises in health and social care and the renewable energy sector.

## More Quit Smoking Support to Reduce Risks of Pandemics

The tobacco control charity ASH Wales are calling for more action to improve the health of smokers as new research suggests it would reduce the impact of future pandemics.

The research, conducted by the Public Health Collaborating Unit of Bangor University and Public Health Wales, suggests more needs to be done to tackle health-harming behaviours to reduce infection rates and improve outcomes.

The research combined findings from 53 reviews, which included over 2000 individual pieces of research, on the topic of health-harming behaviours (smoking,

alcohol abuse, drug use, obesity, physical inactivity) and their association with different infectious diseases.

The findings suggest that individuals with existing health-harming behaviours are at increased risk of contracting and developing severe forms of a range of infectious diseases, including influenza, tuberculosis, hepatitis and Covid-19.

The research suggests that to protect our population and global health care systems, more must be done to limit behaviours which compound health and increase the severity of infectious disease.

The new research has resulted in the tobacco control organisation ASH Wales to call for increased smoking cessation support in Wales.

Suzanne Cass, CEO of ASH Wales, said: "Smoking is the largest cause for preventable death and disease in Wales, and the pandemic has taught us that Covid compounds the already high health risks caused by smoking.

"The new research suggests that more must be done to safeguard population health, not only for Covid, but for additional pandemics that may come in the future.

"In light of the new research, I would urge Welsh Government to reinforce smoking cessation efforts and services in Wales, to safeguard population health against both

communicable and non-communicable disease."

The Welsh Government is currently embarking on a plan to drive down smoking prevalence in Wales. The plan is currently in consultation, and will aim to reduce smoking prevalence in Wales to 5% by 2030.

The latest National Survey for Wales smoking bulletin estimates that that 17% of Welsh adults still smoke, which equates to approximately 440,000 people in Wales. Smoking is estimated cost the NHS in Wales £302 million each year.

For further information contact:  
Simon Scheeres  
Policy and Public Relations Manager  
[simon@ashwales.org.uk](mailto:simon@ashwales.org.uk)  
07841571516|





# News

26-01-2022

**More Quit Smoking Support to Reduce Risks of Pandemics**

[Read](#)

25-01-2022

**Public Health Wales announces increased frequency of lateral flow test data**

[Read](#)

19-01-2022

**Leading the Change report**

[Read](#)

18-01-2022

**All Wales Diabetes Prevention Programme takes next step forward**

[Read](#)

14-01-2022

**New Children's Commissioner for Wales announced**

[Read](#)

13-01-2022

**£65 million of new funding to help colleges and universities reach net zero**

[Read](#)

[See all news](#)

# Events



04-02-2022  
09.30am

[Register](#)

**Child Poverty Awareness**

Growing up in poverty affects children's well-being, their early year's development, physical & mental health, educational achievement & future life chances.



08-02-2022 -  
10-02-2022

[More](#)

**Collaborating to Build Fairer Communities**

The main theme of this year's conference is health inequalities. Further information can be found on the BSPHN website.

[See all events](#)



08-02-2022

[More](#)

**Safer Internet Day**

The UK Safer Internet Centre has announced that the theme for Safer Internet Day is 'All fun and games? Exploring respect and relationships online'.



16-02-2022  
2pm-3pm

[More](#)

**How can social businesses help us recover from Covid as well as tackle climate change?**

Glenn Bowen, Enterprise Programme Director for the Wales Co-operative Centre will give an overview of social enterprises, co-operatives and employee owned business and the opportunities for co-ops and social enterprises in health and social care and the renewable energy sector.



# Topics

[See all topics](#)

- A** Accidents and injury prevention  
Adverse Childhood Experiences  
Air Quality  
Alcohol and substance use and misuse  
Approaches and methods in public health practice  
Arts and health
- B** Behaviour change  
Biodiversity and greenspace  
Built environment  
Cancers  
Cardiovascular conditions  
Carers  
Children and young people  
Climate change  
Communicable diseases  
Community  
Community assets  
COVID-19
- D** Debt and benefits  
Diabetes  
Diet and nutrition  
  
Early Years  
Education and training  
Employment  
Environment  
Ethnicity  
Evaluation
- F** Foodborne communicable diseases  
Fuel Poverty  
Further, higher and tertiary education
- G** Good, fair work
- H** Health in all policies  
Health inequalities  
Health related behaviours  
Homelessness  
Housing  
Housing quality  
Human rights and social justice
- I** Income and resources  
Influenza
- L** Learning difficulties  
LGBTQ+
- M** Maternal and new born health  
Men  
Mental health conditions  
Mental ill-health  
Mental wellbeing
- N** Natural environment  
Non-communicable diseases
- O** Offenders  
Older adults  
Oral health
- P** People  
Physical activity  
Planning  
Poverty  
Precarious work  
Preschool (including WNHPSS)  
Prevention in healthcare
- R** Respiratory conditions
- S** School (Including WNHPSS)  
Sexual health  
Sexually Transmitted Infections  
Smoking and vaping  
Social capital  
Spirituality  
Stress, coping and resilience  
Suicide and suicide prevention  
Sustainable development  
Systems thinking in public health
- T** Transport
- U** Unemployment
- W** Water and sanitation  
Wellbeing of Future Generations  
Wider determinants of health  
Women  
Working age adults

# Next Issue

## Creating healthy places and spaces

