

Costau byw cynyddol ac iechyd a llesiant yng Nghymru

Arolwg cenedlaethol

The rising cost of living and health and wellbeing in Wales

A national survey

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Adroddiad newydd yn cael ei gyhoeddi heddiw

<https://phwwhocc.co.uk/adnoddau/costau-byw-cynyddol-ac-iechyd-a-llesiant-yng-nghymru-arolwg-cenedlaethol/?lang=cy>

New report published today

<https://phwwhocc.co.uk/resources/the-rising-cost-of-living-and-health-and-wellbeing-in-wales-a-national-survey/>

Costau byw cynyddol ac iechyd a llesiant yng Nghymru:
arolwg cenedlaethol

The rising cost of living and health and wellbeing in Wales:
a national survey

- Arolwg cartrefi cenedlaethol:
 - 2,007 o drigolion Cymru 18+ oed
 - Rhwng mis Tachwedd 2022 a mis Mawrth 2023
- Sut mae'r argyfwng costau byw yn effeithio ar bobl yng Nghymru
 - Sut mae pobl yn ymdopi'n ariannol
 - Effeithiau ar iechyd a llesiant
 - Newidiadau mewn ymddygiad
 - Mynediad at wasanaethau a chymorth

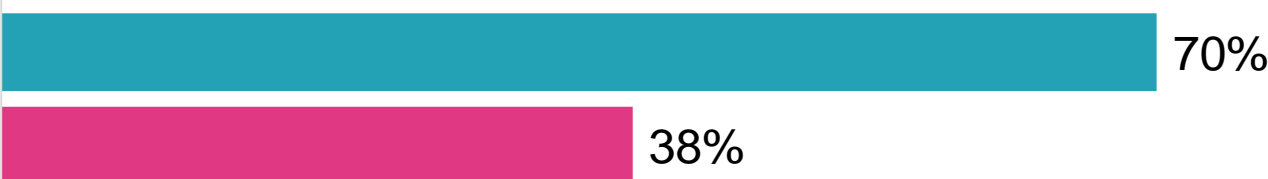
- National household survey:
 - 2,007 Welsh residents aged 18+ years
 - November 2022 to March 2023
- How the cost-of-living crisis is affecting people in Wales
 - How people are coping financially
 - Impacts on health and well-being
 - Changes in behaviour
 - Access to services and support

Gan feddwl am gyllid eich cartref nawr a 6 mis yn ôl, pa un o'r datganiadau canlynol sy'n disgrifio orau sut yr ydych yn ymdopi?

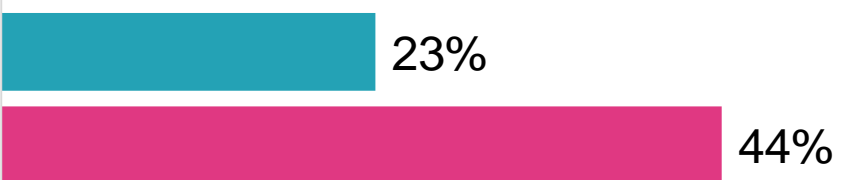
Thinking about your household's finances now and 6 months ago, which of these statements best describes how you are managing?

■ 6 mis yn ôl
 6 months ago
■ Nawr
 Now

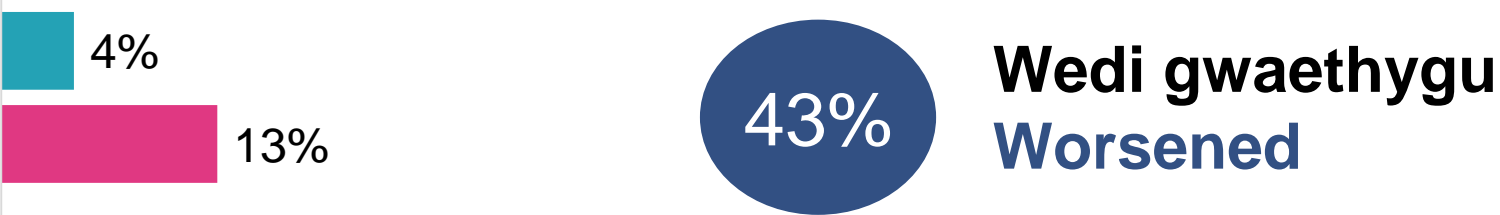
Mae gen i/ni ddigon ar gyfer yr holl hanfodion a rhai pethau ychwanegol
 I/we have enough for all the essentials and some extras



Mae gen i/ni ddigon ar gyfer yr hanfodion ond ddim llawer o bethau eraill
 I/we have enough for the essentials but not much else



Weithiau nid oes gen i/ni ddigon ar gyfer yr hanfodion
 I/we sometimes do not have enough for the essentials



Fel arfer nid oes gen i/ni ddigon ar gyfer yr hanfodion
 I/we usually do not have enough for the essentials

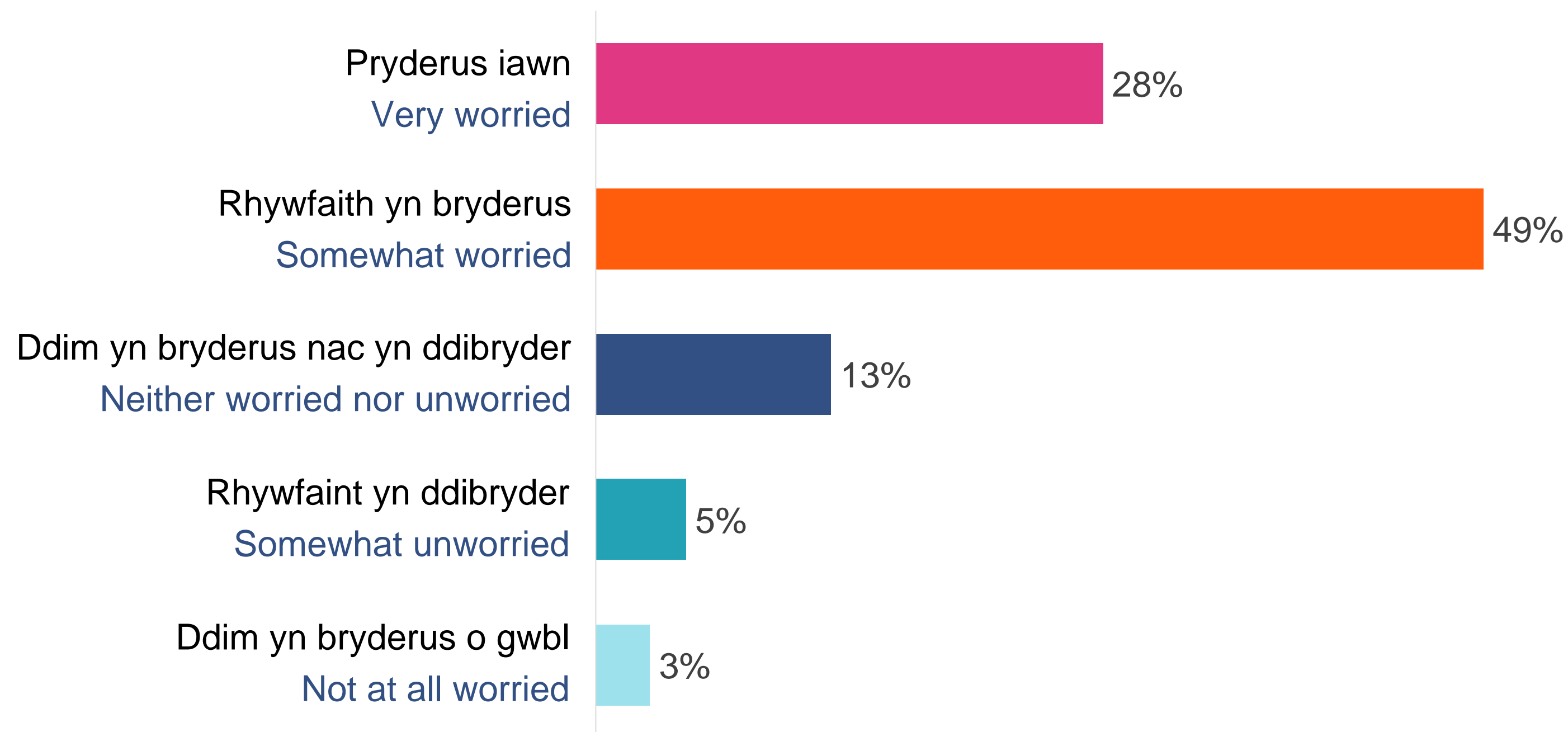


Ddim yn gwybod/dewis peidio â dweud
 Don't know/prefer not to say



Ar hyn o bryd, pa mor bryderus, os o gwbl, ydych chi am gostau byw cynyddol?

Currently, how worried, if at all, are you about rising costs of living?



% yn dweud bod costau byw cynyddol yn cael effaith negyddol ar:

% saying rising costs of living were having a negative impact on:

Iechyd meddwl
Mental health



Iechyd corfforol
Physical health

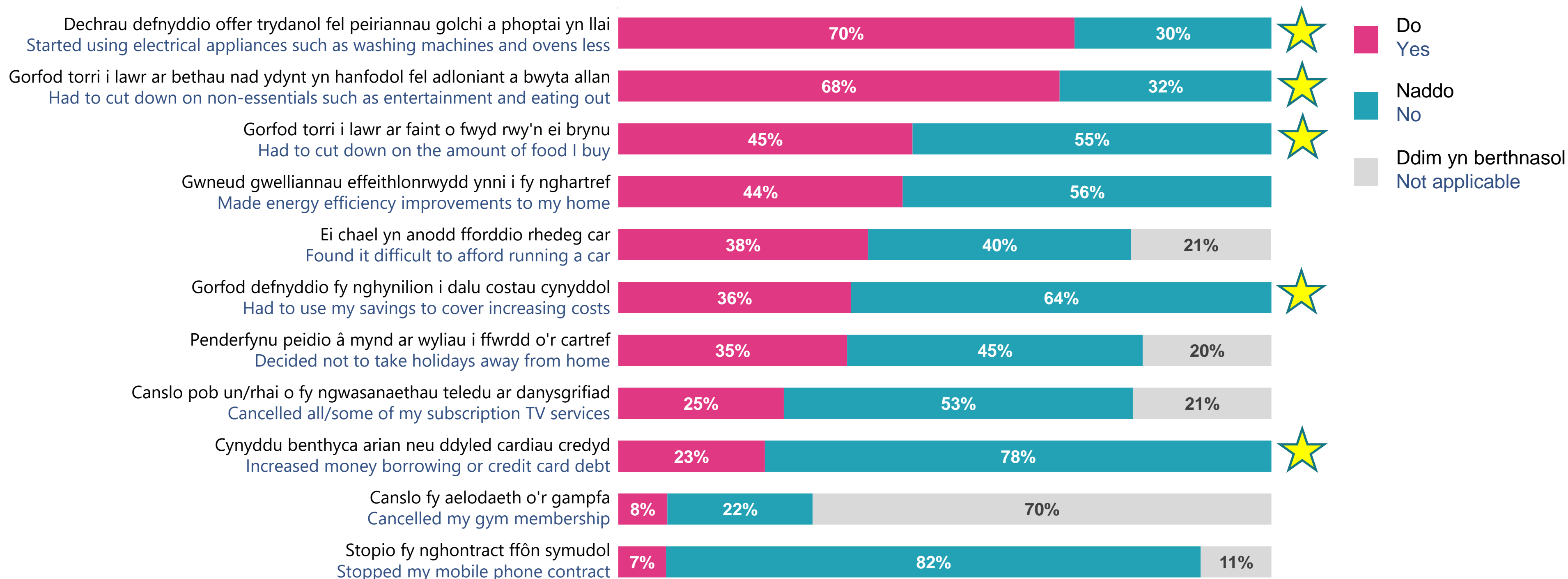


Perthnasoedd
Family relationships



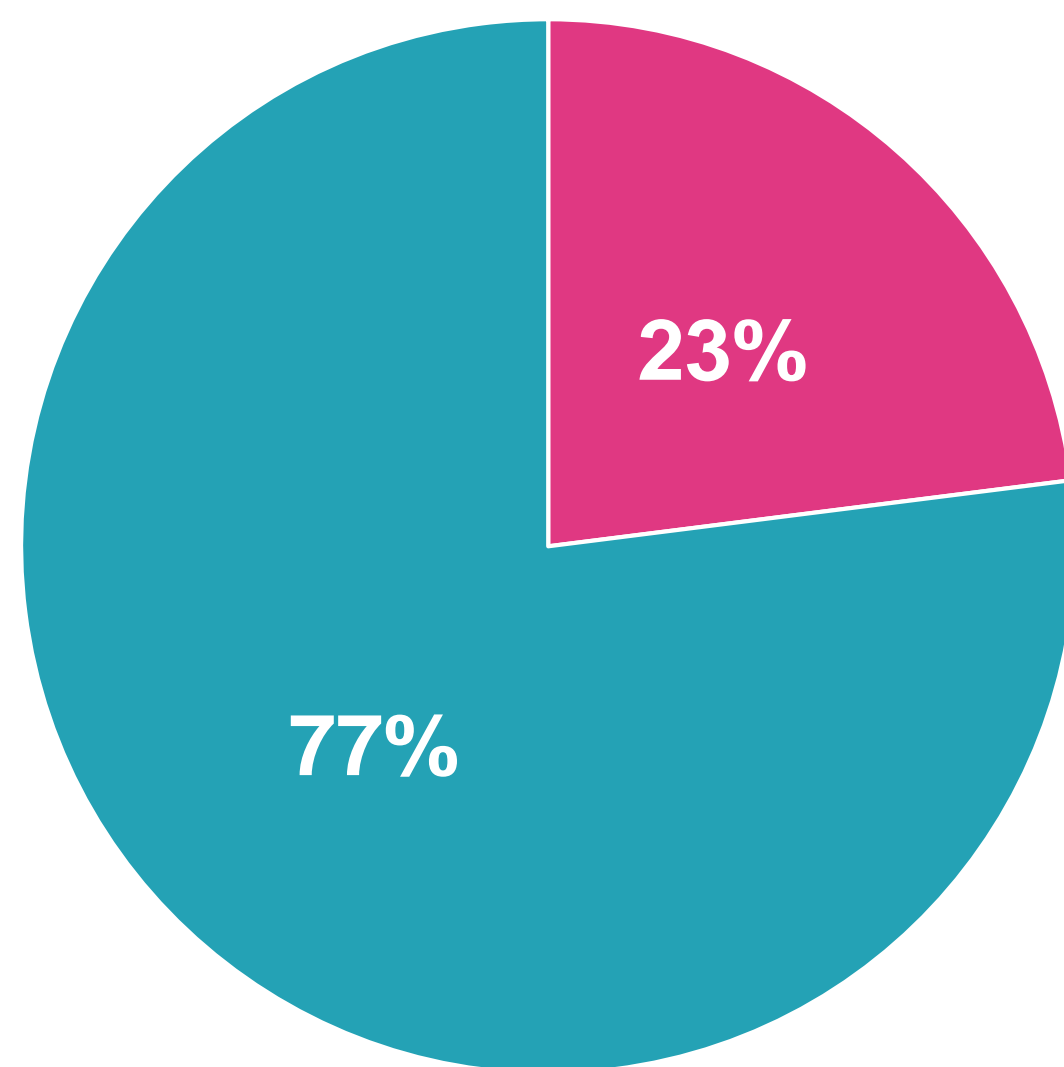
Yn y chwe mis diwethaf, o ganlyniad i gostau byw cynyddol, rwyf wedi...


In the last six months, as a result of rising costs of living, I have...



Pa mor hyderus ydych chi yn eich gallu i ymdopi'n ariannol drwy'r argyfwng costau byw?

How confident are you in your ability to cope financially during the cost of living crisis?



 **Dydw i ddim yn credu y byddaf yn gallu ymdopi**
I don't think I will be able to cope

Roedd anallu canfyddedig i ymdopi yn gysylltiedig â:

- Bod yn <50 mlwydd oed
- Y pumed amddifadedd uchaf
- Incwm cartref isel
- Anweithgarwch economaidd
- Cyfyngiad ar weithgarwch
- **Cael plant yn y cartref**

Perceived inability to cope was associated with:

- Being <50 years old
- Highest deprivation quintile
- Low household income
- Economic inactivity
- Activity limitation
- **Having children in the home**

Amcangyfrif o'r gyfran yn meddwl na fyddant yn gallu ymdopi'n ariannol drwy'r argyfwng costau byw o fewn grwpiau poblogaeth dethol

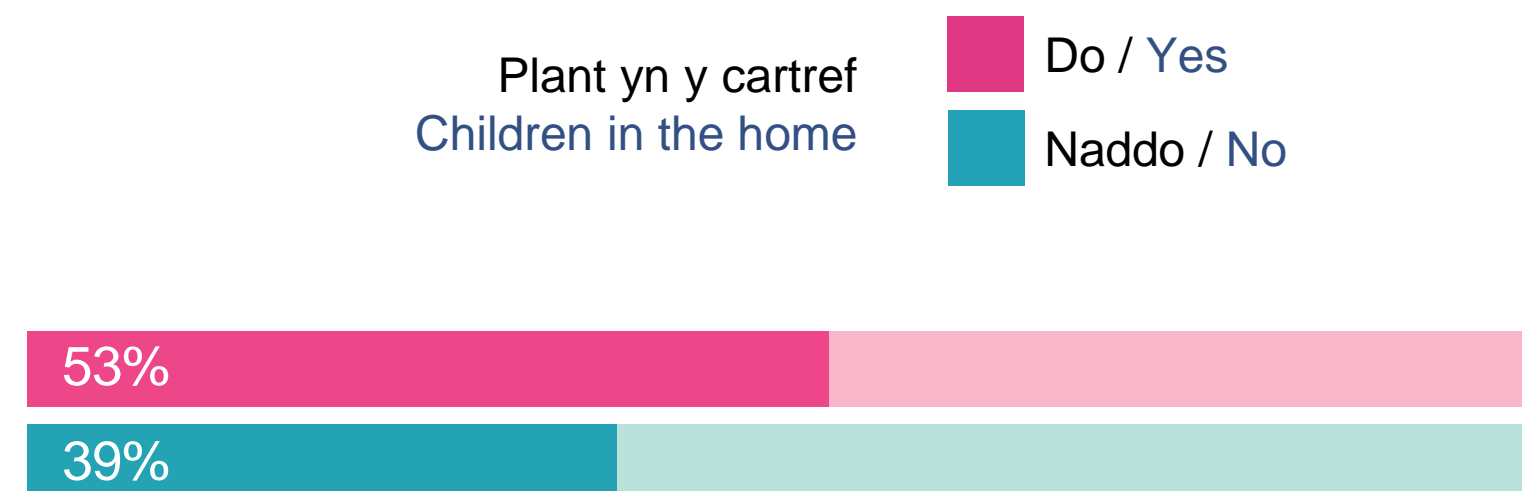
Estimated proportion thinking they will not be able to cope financially through the cost of living crisis within selected population groups

18-29 oed years	Menyw gefnog sy'n gweithio Affluent working female	14%
	Gwryw di-waith difreintiedig Deprived unemployed male	80%

Difreintiedig = preswlydd yn y cwintel mwyaf difreintiedig AC incwm cartref isel; Cefnog = preswlydd yn y cwintel lleiaf difreintiedig A dim incwm cartref isel.
Deprived = resident in the most deprived quintile AND low household income; Affluent = resident in the least deprived quintile AND not low household income.

Roedd cyfranogwyr â phlant yn y cartref yn fwy tebygol o: Participants with children in the household were more likely to:

Adrodd bod eu sefyllfa ariannol wedi gwaethygu yn ystod y 6 mis diwethaf
 Report their financial situation had worsened in the last 6 months



Fod yn bryderus iawn am gostau byw cynyddol
 Be very worried about rising cost of living



Adrodd effaith negyddol ar berthnasoedd teuluol
 Report a negative impact on family relationships



Brynu llai o fwyd
 Have cut down on food purchases



Brynu llai o bethau nad ydynt yn hanfodol
 Have cut down on non-essentials



Fod wedi cynyddu benthyca arian neu ddyled cerdyn credyd
 Have increased money borrowing or credit card debt





Adroddiad - Cymraeg:

<https://phwwhocc.co.uk/adnoddau/costau-byw-cynyddol-ac-iechyd-a-llesiant-yng-nghymru-arolwg-cenedlaethol/?lang=cy>

Report - English:

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