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Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Gwaith fêpio gan
Dîm Iechyd y
Cyhoedd Lleol
Caerdydd a'r Fro
(2021-2023)

Vaping work by
Cardiff and Vale
Local Public
Health Team
(2021-2023)

Bethan Jones 18/01/2024



Cynnwys fêpio mewn...

**Lleihau Niwed Ysmygu i Blant a
Phobl Ifanc: Cynllun Gweithredu
i Gaerdydd a Bro Morgannwg
2022-2024**



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Inclusion of vaping in...

**Reducing the Harms of Smoking
to Children and Young People:
An Action Plan for Cardiff and
the Vale of Glamorgan
2022-2024**



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This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg



Darparu cymorth ar gyfer:

Datblygu Polisi

Polisi cenedlaethol ar gyfer Mangreoedd Di-fwg, gan gynnwys cynnwys e-sigaréts

Darpariaeth Uniongyrchol

Addysg Smygu a Fêpio i blant a phobl ifanc mewn ysgolion/lleoliadau a dargedir yn lleol

Provided support for:

Policy Development:

A national Smoke-Free Premises Policy, including content for e-cigarettes

Direct Delivery:

Smoking and Vaping Education for children and young people in local targeted schools/settings



Gweithiwr Proffesiynol

Cyfeirio athrawon at adnoddau; Hyfforddiant i weithwyr iechyd proffesiynol sy'n gweithio gyda phobl ifanc

Mannau rhydd o Fêpio

Menter cynnwys fêpio ar sticeri ffenestri di-fwg ar gyfer lleoliadau cyn-ysgol

Dulliau Ysgol/Lleoliadau Cyfan

Professionals

Signposting teachers to resources; Training for health professionals working with young people

Vape-Free spaces

Inclusion of vaping in smoke-free window stickers initiative for Pre-Schools

Whole School/Settings approaches



Darpariaeth Uniongyrchol Ebrill 22 – Mawrth 23

Faint?

Derbyniodd **1754** o blant a phobl ifanc ddarpariaeth uniongyrchol ar gyfer addysg ysmegu a/neu fêpio

Pa mor dda?

Gwerthusodd **74%** (n = 65/88) o ymatebwyr eu sesiwn yn gadarnhaol

Sylwadau Dysgwyr:

"Addysgiadol"; "Ysgogol";
"Diddorol"; "Diflas"

Direct Delivery April 22 – March 23

How much?

1754 children and young people received direct delivery for smoking and/or vaping education

How well?

74% (n = 65/88) of respondents evaluated their session positively

Learner Comments: "Educational";
"Thought-provoking"; "Interesting";
"Boring"



Pa wahaniaeth a wnaeth?

Nododd **20%** o'r ymatebwyr (=27/138) lai o fwriad i roi cynnig ar fêpio yn y dyfodol ar ôl y sesiwn.

I'r ychydig oedd â bwriad uchel i roi cynnig ar fêpio yn y dyfodol, roedd y tebygolrwydd a nodwyd gan y rhan fwyaf i roi cynnig ar fêpio ar ôl y sesiwn yn is.

Gwellodd dealltwriaeth y rhan fwyaf o'r ymatebwyr o ran ble i fynd i gael mwy o gymorth a chefnogaeth gyda phryderon am ysmegu neu fêpio.

What difference did it make?

20% of respondents (=27/138) reported lower future intentions to try vaping post-session.

For the few with high future intentions to try vaping, the majority reduced their reported likelihood of trying vaping post-session.

The majority of respondents increased their understanding of where to go for further help and support with smoking or vaping concerns.

