

Gweminar / Webinar

Y tu hwnt i'r presennol:

Sut i gymhwysu meddwl yn
hirdymor i leihau
anghydraddoldebau iechyd

Beyond the Present:

How to apply long-term thinking to
reduce health inequalities



National Well-being Goals (Sustainable Development)

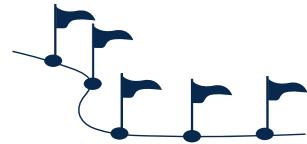


Understanding
Wales

National Indicators



Milestones



Future Trends



Making it happen
(well-being duty)

Individual Duty
Public Body

Collective Duty
Public Services Boards

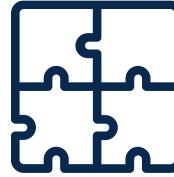
Community Councils

5 ways of working
(Sustainable
Development
Principle)

Collaboration



Integration



Involvement



Long-term



Prevention



Enabling the Change
(Accountability)

Future Generations Commissioner for Wales

Auditor General for Wales

Senedd Cymru

Y nodau llesiant
Cenedlaethol
(Datblygu cynaliadwy)



Deall Cymru

Gwneud iddo ddigwydd
(Dyletswydd llesiant)

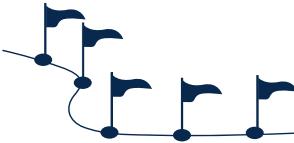
Pum ffordd o weithio er
llesiant
(Egwyddor Datblygu
Cynaliadwy)

Galluogi'r newid
(Atebolrwydd)

Dangosyddion cenedlaethol



Cerrig milltir



Tueddiadau'r Dyfodol



Dyletswydd cyrff
Cyhoeddus unigol

Dyletswydd gyfunol
Byrddau Gwasanaethau Cyhoeddus

Cynghorau cymunedol

Cydweithredu



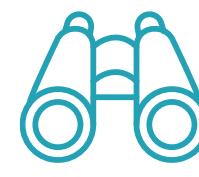
Integreiddio



Cyfranogiad



Hirdymor



Atal



Comisiynydd Cenedlaethau'r Dyfodol Cymru

Archwilydd Cyffredinol Cymru

Senedd Cymru



Long-term

[lɔŋ'tɜ:m] way of working

the importance of balancing short term needs with the need to safeguard the ability to meet long term needs, especially where things done to meet short term needs may have detrimental long term effect.

Hirdymor

[hee-r-duh-morr] ffordd o weithio

Pwysigrwydd sicrhau cydbwysedd rhwng anghenion tymor byr a'r angen am ddiogelu'r gallu i ddiwallu anghenion tymor hir hefyd

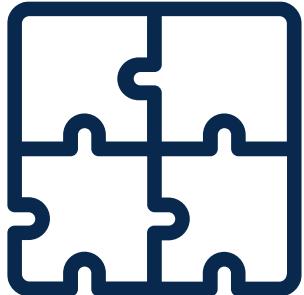
Yn ymuno â'r dotiau....

...an approach that integrates different perspectives...



Provides a structured way to think about the future...

Yn darparu ffordd strwythuredig i feddwl am y dyfodol...



...dull sy'n integreiddio gwahanol safbwytiau...



... brings people together...
... dod â phobl ynghyd...



...and engages them interactively...

...ac yn ymgysylltu â nhw yn rhyngweithiol...



...and can help us anticipate and take preventative actions.

...a gall ein helpu i ragweld a chymryd camau ataliol.

WHY IS LONG-TERM THINKING IMPORTANT?

PAM MAE MEDDWL HIRDYMOR YN BWYSIG?



It can help avoid sleepwalking into the future / Gall helpu i osgoi cerdded i gysgu yn y dyfodol



It can help avoid decisions that we have to undo the next day / Gall helpu i osgoi penderfyniadau y mae'n rhaid inni eu dadwneud y diwrnod canlynol



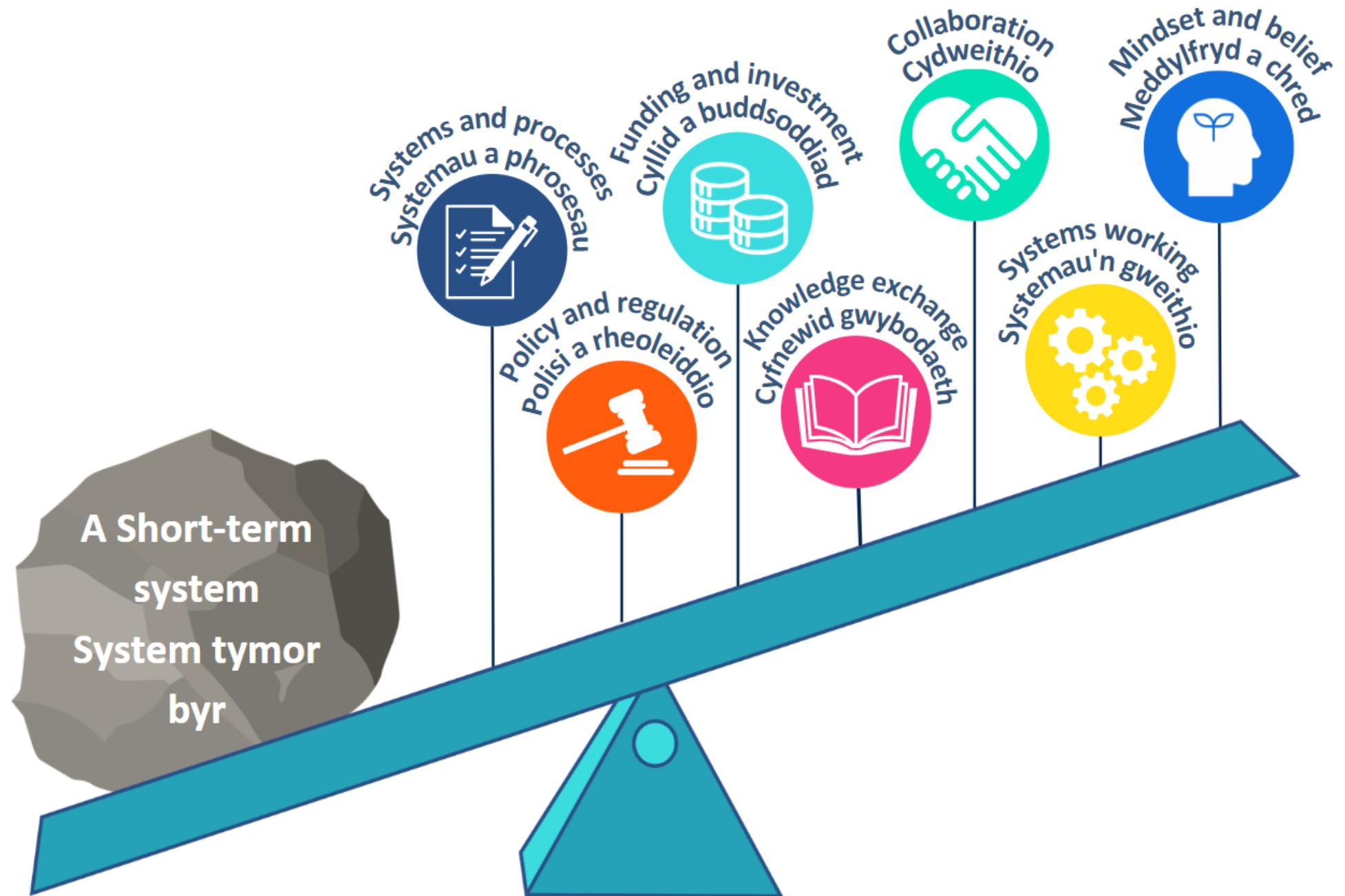
It can help deal with uncertainty and crises and build resilience into our systems / Gall helpu i ddelio ag ansicrwydd ac argyfyngau ac adeiladu gwytnwch yn ein systemau



It can help us take action in complex situations where the past is no longer a reliable guide / Gall ein helpu i weithredu mewn sefyllfaoedd cymhleth lle nad yw'r gorffennol bellach yn ganllaw dibynadwy



It can help us bring about systems change and create a vision for the future to work towards / Gall ein helpu i sicrhau newid systemau a chreu gweledigaeth ar gyfer y dyfodol i weithio tuag ati.



SIX WAYS TO THINK LONG-TERM

CHWE FFORDD O FEDDWL YN Y HIRDYMMOR*

					
Deep-time humility Gostyngieiddrwy dd amser dwfn	Legacy Mindset Medylfryd etifeddiaeth	Holistic forecasting Rhagfynegi cyfannol	Cathedral thinking Meddwl Eglwys Gadeiriol	Intergenerational justice Cyfiawnder rhwng cenedlaethau	Transcendent goal Nod trosgynnol

*Adapted from RSA's Report, A stitch in time

TACKLING HEALTH INEQUALITIES IN THE FUTURE

MYND I'R AFAEL AG ANGHYDRADDOLDEB IECHYD YN Y DYFODOL





Comisiynydd
Cenedlaethau'r
Dydol
Cymru

Future
Generations
Commissioner
for Wales



Iechyd Cyhoeddus
Cymru
Public Health
Wales

Beyond the present: How to apply long-term thinking to reduce health inequalities

A resource for Wales and beyond
containing methods and case studies.



Beyond the present: How to apply long-term thinking to reduce health inequalities

Landscape futures Considering the future role and approach that a new educational body would need

The challenge
To co-create the future role and approach that a new public sector body would have for Tertiary Education and Research Sector.

Beyond the present: How to apply long-term thinking to reduce health inequalities

Three horizons Developing a local, sustainable food strategy

The challenge
Food Vale is a partnership of local organisations and businesses that work together to develop a sustainable food system.

Beyond the present: How to apply long-term thinking to reduce health inequalities

Creative narratives Understanding what communities hope and fear for in a future Wales with climate change

The challenge
Climate change is recognised as the most significant threat to physical and mental health and well-being we will face this century. This is because the higher temperatures and more extreme weather events, like flooding, can have life threatening consequences.

Beyond the present: How to apply long-term thinking to reduce health inequalities

Scenario planning Co-creating a preferred vision for the future of the natural environment in Wales in 2050

The challenge
To co-create a preferred vision for the future of the natural environment in Wales in 2050. The goal was to develop a vision that represented the views of the people of Wales and the environment.

Beyond the present: How to apply long-term thinking to reduce health inequalities

Futures wheel Preparing for the long-term implications of a new piece of environmental legislation in Wales

The challenge
To finalise preparations for the Environment (Air Quality and Soundscapes) (Wales) Bill. This included discussing the legislation in the context of potential future changes, identifying closer links to the well-being goals in the Well-being of Future Generations Act, and identifying opportunities for more integrated working with other departments.

The approach
In a hybrid workshop setting, the team used the Futures Wheel to imagine the first, second and third order consequences of the Bill coming into law, looking five years into the future. We discussed what had changed and what the potential risks and opportunities were. The team also used the Welsh Government's *Future Trends Report* to consider the impact of key trends on the successful implementation of the legislation and how the new legislation could contribute to accelerating or decelerating certain trends. We built on this work to develop three scenarios: a worse-than-expected, better-than-expected and a different-than-expected scenario.

The impact
From the scenarios, the team identified actions which could maximise the chances of moving closer to the better-than-expected scenario, while minimising the risks of falling into a worse-than-expected scenario. The different-than-expected scenario helped the team to identify new opportunities and risks that had not previously been considered and to see the bigger picture. The team also identified direct links between the new legislation and the Well-being of Future Generations Act and opportunities for cross-departmental working and shared goals and actions.

The link to health inequalities
The strategic vision for tertiary education set by Welsh Government involves creating a system where lifelong learning is accessible to all. Access to education and opportunities to develop new skills is an important building block for good health and well-being throughout life. It is important to consider how these changes will affect health inequalities, so that they can then be addressed.

The link to health inequalities
Climate change is recognised as the most significant threat to physical and mental health and well-being we will face this century. This is because the higher temperatures and more extreme weather events, like flooding, can have life threatening consequences. Wales, and the rest of the world, are at higher risk of climate change than many other countries. This means climate change will affect health inequalities in Wales.

The link to health inequalities
Access to and time spent in nature can bring significant mental and physical health benefits.

Top tip
The futures wheel works well for online events as it has a straightforward, visual format people can add to using simple, digital platforms. If opting to run the session in hybrid, consider having one facilitator for online and one in the room, and allow time for collective discussion that brings the whole group together at the end to reflect.

For more information
De Vito, L. (2023) *Foresight for sustainable development and well-being governance in Wales*. This work has been supported by the Economic and Social Research Council, ESRC Policy Fellowship - Grant reference: ES/W008939/1.

Comisiynydd Cenedlaethau'r Dydol Cymru Future Generations Commissioner for Wales GIG CYMRU NHS WALES Iechyd Cyhoeddus Cymru Public Health Wales

Methods for long-term thinking

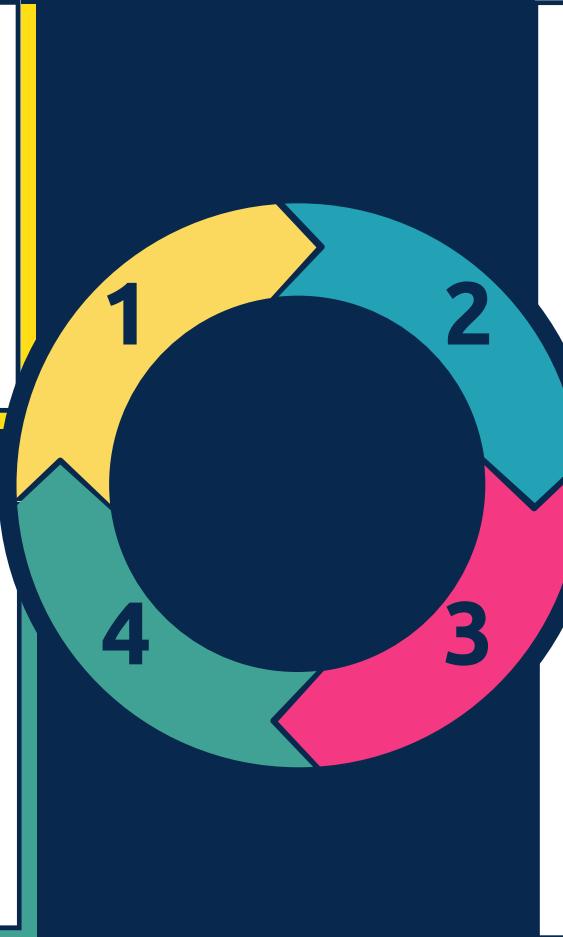
Dulliau ar gyfer meddwl yn hirdymor

1 Starting out/ Cychwyn arni

- [Horizon scanning](#)
- [7 questions](#)
- [Modelling](#)
- [Futures triangle](#)
- [Futures wheel](#)
- [Sganio gorwelion](#)
- [7 cwestiwn](#)
- [Modelau](#)
- [Triongl y Dyfodol](#)
- [Olwyn y dyfodol](#)

4 Taking action/ Gweithredu

- [Backcasting](#)
- [Landscape futures](#)
- [Three horizons](#)
- [Gweithio am yn ôl](#)
- [Dyfodol tirweddau](#)
- [Tri gorwel](#)



2 Thinking things through/ Meddwl am bethau

- [Axes of uncertainty](#)
- [Scenario planning](#)
- [Creative narratives](#)
- [Echelinau ansicrwydd](#)
- [Cynllunio senarios](#)
- [Naratifau creadigol](#)

3 Making a plan/ Llunio cynllun

- [Three horizons](#)
- [Scenario planning](#)
- [Creative narratives](#)
- [Tri gorwel](#)
- [Cynllunio senarios](#)
- [Naratifau creadigol](#)

Where should we start?



There are endless possibilities for how we can use, change, and combine the different methods in this resource. Here are some ideas for where we can try them out and gain confidence in using them.

1. Internal policies and team away days

Using a futures method to lead a team discussion can be a great way to have fun and learn new skills, while also bringing long-term thinking and considerations into the discussion.

2. When working on a new strategy or corporate plan

Using futures methods from the very start in strategic discussions can help us take an outcome-focused approach, led by our desired vision for the future.

3. Enhancing the risk assessment process

Many futures methods, such as horizon scanning, can help us take a more integrated approach to risk by exploring possible future scenarios, technological and societal trends, their drivers, interactions and potential consequences.

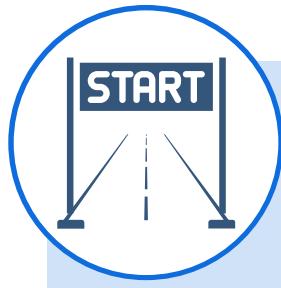
4. Involving people in our projects

Futures methods are a great way to involve people, especially young people, in complex topics and can be used as an alternative or in addition to more traditional methods like consultation.

5. In discussions with partners and stakeholders

Stakeholder workshops or discussions are a great place to try out futures methods as a way of co-creating with partners; helping everyone in the room to develop a shared understanding of where we are now, our vision for the future, and the actions needed to get there.

Ble dylan ni ddechrau?



Mae posibiliadau diddiwedd ar gyfer sut y gallwn ddefnyddio, newid, a chyfuno'r gwahanol dulliau yn yr adnodd hwn. Dyma rai syniadau lle gallwn roi cynnig arnynt a magu hyder wrth eu defnyddio.

1. Polisiau mewnol a diwrnodau cwrdd i ffwrdd i'r tîm

Gall defnyddio dull ar gyfer y dyfodol i arwain trafodaeth tîm fod yn ffordd wych o gael hwyl a dysgu sgiliau newydd, tra hefyd yn dod â meddwl ac ystyriaethau hirdymor i mewn i'r drafodaeth.

2. Wrth weithio ar strategaeth neu gynllun corfforaethol newydd

Gall defnyddio dulliau ar gyfer y dyfodol o'r cychwyn cyntaf mewn trafodaethau strategol ein helpu i fabwysiadu dull sy'n canolbwytio ar ganlyniadau, a arweinir gan ein gweledigaeth ddymunol ar gyfer y dyfodol.

3. Gwella'r broses asesu risg

Gall llawer o ddulliau ar gyfer y dyfodol, megis sganio gorwelion, ein helpu i fabwysiadu dull fwy integredig at risg drwy archwilio senarios posibl yn y dyfodol, tueddiadau technolegol a chymdeithasol, eu hysgogwyr, rhyngweithio a chanlyniadau posibl.

4. Cynnwys pobl yn ein prosiectau

Mae dulliau ar gyfer y dyfodol yn ffordd wych o gynnwys pobl, yn enwedig pobl ifanc, mewn pynciau cymhleth a gellir eu defnyddio fel dewis arall neu yn ogystal â dulliau mwy traddodiadol fel ymgynghori.

5. Mewn trafodaethau gyda phartneriaid a rhanddeiliaid

Mae gweithdai neu drafodaethau rhanddeiliaid yn lle gwych i roi cynnig ar ddulliau ar gyfer y dyfodol fel ffordd o gyd-greu gyda phartneriaid; helpu pawb yn yr ystafell i ddatblygu cydddealltwriaeth o'r sefyllfa bresennol, ein gweledigaeth ar gyfer y dyfodol, a'r camau gweithredu sydd eu hangen i gyrraedd yno.



Top tips

Tips can be found in all the case studies in this resource. Here, we have collated the top 5 things to keep in mind when undertaking any futures method.

1. Long-term thinking should not be done in isolation

Long-term thinking and futures methods are there to help enhance existing processes and systems. They can be most effective when aligned with strategic plans and projects, and with the involvement of stakeholders and partners, rather than as a one-off exercise.

2. Always bring the future back to the present

Rooting futures exercises into the present is key to ensure they achieve the intended impact. We should always be thinking about what we are doing now and how this can affect our desired future. What are the concrete actions we can take? What do we need to do or to stop doing today to achieve our vision?

3. It does not have to be perfect

Tailor the exercise to the audience and to your need. The methods are there to help us work through our project or issue. We can change them, adjust them and fit them together as we like in order to meet our outcomes and purpose.

4. Do not be afraid to get creative

While futures methods are incredibly useful and can help improve our strategic process, they can also be a lot of fun! There is a variety of creative exercises that can be done to unlock people's imagination and to help transport them from the present into the future. You can experiment and see what works for you and your stakeholders.

5. Leverage uncertainty, rather than fearing it

Using futures methods will not help us predict the future, but it can help us to acknowledge and understand the role of uncertainty and, more importantly, how we can leverage that to drive our vision and objectives forward.



Awgrymiadau da

Gellir dod o hyd i awgrymiadau yn yr holl astudiaethau achos yn yr adnodd hwn. Yma, rydym wedi coladu'r 5 peth gorau i'w cadw mewn cof wrth ymgymryd ag unrhyw ddull ar gyfer y dyfodol.

1. Ni ddylid meddwl yn hirdymor ar ei ben ei hun

Mae meddwl yn hirdymor a dulliau ar gyfer y dyfodol yno i helpu i wella prosesau a systemau presennol. Gallant fod yn fwyaf effeithiol pan fyddant yn cyd-fynd â chynlluniau a phrosiectau strategol, a chyda chyfranogiad rhanddeiliaid a phartneriaid, yn hytrach nag fel ymarferiad untro.

2. Dewch â'r dyfodol yn ôl i'r presennol bob amser

Mae gwreiddio ymarferion dyfodol i'r presennol yn allweddol i sicrhau eu bod yn cyflawni'r effaith a fwriedir. Dylem bob amser fod yn meddwl am yr hyn yr ydym yn ei wneud yn awr a sut y gall hyn effeithio ar ein dyfodol dymunol. Beth yw'r camau pendant y gallwn eu cymryd? Beth sydd angen i ni ei wneud neu roi'r gorau i'w wneud heddiw i gyflawni ein gweledigaeth?

3. Nid oes rhaid iddo fod yn berffaith

Gallwch deilwra'r ymarfer i'r gynulleidfa ac i'ch anghenion. Mae'r dulliau yno i'n helpu i weithio drwy ein prosiect neu fater. Gallwn eu newid, eu haddasu a'u ffitio gyda'i gilydd fel y mynnwn er mwyn cyflawni ein canlyniadau a'n pwrrpas.

4. Peidiwch â bod ofn bod yn greadigol

Er bod dulliau ar gyfer y dyfodol yn hynod ddefnyddiol ac yn gallu helpu i wella ein proses strategol, gallant hefyd fod yn llawer o hwyl! Mae amrywiaeth o ymarferion creadigol y gellir eu gwneud i ddatgloï dychymyg pobl ac i helpu i'w cludo o'r presennol i'r dyfodol. Gallwch arbrofi a gweld beth sy'n gweithio i chi a'ch rhanddeiliaid.

5. Trosolwch ansicrwydd, yn hytrach na'i ofni

Ni fydd defnyddio dulliau ar gyfer y dyfodol yn ein helpu i ragweld y dyfodol, ond gall ein helpu i gydnabod a deall rôl ansicrwydd ac, yn bwysicach fyth, sut y gallwn drosoli hynny i yrru ein gweledigaeth a'n hamcanion ymlaen.

Backcasting

Mapping a path to the future

What is it?

Backcasting is a method which enables us to literally work backwards from our preferred future to the present and create a plan of action. It asks us to build a timeline, setting out key changes and milestones that would need to be achieved along the way. It also invites us to identify what is within our and our organisation's direct control and what we will need to influence or collaborate on.

This exercise is best used towards the end of a project, as it allows us to bring together the work we have done to envision a desired future and our understanding of external drivers of change to create a workable strategy.

How can it be applied to health inequalities?

It can be easy to imagine a future without health inequality but much harder to work out how to get there. Backcasting prompts us to carefully map out the path we need to follow to reach the future we want, identifying short-term goals we can act on and signposting where we need to involve others to make progress.



Case study:

Creating a long-term plan for promoting well-being in a region of Wales

Need to know

Approach: Work breakdowns to explore.

Who to involve: Future visitors together.

Time required:

Output: and format.

Resources:

5 ways:

6 ways:

7 ways:

8 ways:

9 ways:

10 ways:

11 ways:

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The challenge

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The impact

From the scenarios, the team identified actions which could maximise the chances of moving closer to the better-than-expected scenario while minimising the risks of falling into a worse-than-expected scenario. The different-than-expected scenario helped the team to identify opportunities and risks that had not previously been considered in the bigger picture. The team also identified direct links between legislation and the Well-being of Future Generations Act and opportunities for cross-departmental working and shared goals and actions.

The line

Exposure to heart disease, air pollution,
7-8 mis and it will affect our communities.

Yr her

Cwblhau paratoadau ar gyfer Bil yr Amgylchedd (Ansawdd Aer a Seinweddau) (Cymru). Roedd hyn yn cynnwys trafod y ddeddfwriaeth yng Nghyd-destun newidiadau posibl yn y dyfodol, nodi cysylltiadau agosach â'r nodau llesiant yn Nedd Llesiant Cenedlaethau'r Dyfodol, a nodi cyfleoedd ar gyfer gweithio mwy integredig gydag adrannau eraill.

Y dull gweithredu

Mewn gweithdy hybrid, defnyddiodd y tim Olwyn y Dyfodol i ddychmygu canlyniadau cyntaf, ail a thrydydd y Bil yn dod i gyfraith, gan edrych ar y ddealltwriad yng Nghymru i ystyried effaith tueddiadau oedd y risgau a'r cyfleoedd posibl. Defnyddiodd y tim hefyd [Adroddiad Tuueddiadau'r Dyfodol](#) Llywodraeth Cymru i ystyried effaith tueddiadau ddeddfwriaeth newydd gyfrannu at gyflymu neu arafu rhai tueddiadau. Fe wnaethom adeiladu ar y gwaith hwn i ddatblygu tri senario: senario gwaeth na'r disgwyl, gwell na'r disgwyl a senario gwahanol i'r disgwyl.

Yr effaith

O'r senarios, nododd y tim gamau gweithredu a allai wneud y mwyaf o'r siawns o symud yn nes at y senario gwell na'r disgwyl, tra'n lleihau'r risg o disgyn i senario gwaeth na'r disgwyl. Roedd y senario gwahanol na'r disgwyl wedi helpu'r tim i nodi cyfleoedd a risgau newydd nad oeddent wedi'u hystyried yn flaenorol ac i weld y darlun ehangach. Nododd y tim hefyd gysylltiadau uniongyrchol rhwng y ddeddfwriaeth newydd a Deddf Llesiant Cenedlaethau'r Dyfodol a chyfleoedd ar gyfer gweithio trawsadrannol a nodau a chamau gweithredu a rennir.

Y tu hwnt i'r presennol:

Sut i gymhwysedd meddwl yn hirdymor i leihau anghydraddoldebau iechyd

Olwyn y dyfodol

Paratoi ar gyfer goblygiadau hirdymor darn newydd o ddeddfwriaeth amgylcheddol yng Nghymru

Y cysylltiad ag anghydraddoldeb iechyd

Mae dod i gysylltiad â llygryddion aer yn gysylltiedig ag effeithiau andwyol ar iechyd megis clefyd y galon a strôc, clefyd anadol a chanser yr ysgyfaint. Ar gyfartaledd, mae llygredd aer yn lleihau disgwyliad oes pob preswylydd yn y DU o **7-8 mis** ac mae'n gysylltiedig â 52,500 o farwolaethau y flwyddyn oherwydd **nitrogen oscid a mater gronynol**. Er bod ansawdd aer yng Nghymru yn gyffredinol dda, mae'n amrywio'n lleol, gan arwain at faterion iechyd. Gall yr ymatebion polisi i fynd i'r afael ag ansawdd aer gwell hefyd greu neu waethyg anghydraddoldebau. Gall meddwl yn hirdymor helpu i ystyried sut y gallai iechyd y boblogaeth adlewyrchu tueddiadau llygredd aer a'r ffyrdd y gallai gwahanol ymatebion polisi ddatblygu yn y tymor byr, canolig a hwyl ar gyfer gwahanol grwpiau poblogaeth.



Awgrym da

Mae olwyn y dyfodol yn gweithio'n dda ar gyfer digwyddiadau ar-lein gan fod iddo ffomat gweledol syml y gall pobl ei ychwanegu at ddefnyddio llwyfannau digidol syml. Os ydych chi'n dewis rhedeg y sesiwn mewn hybrid, ystyriwch gael un hwylusydd ar-lein ac un yn yr ystafell, a chaniatáu amser ar gyfer trafodaeth gyfunol sy'n dod â'r grŵp cyfan at ei gilydd ar y diwedd i fyfyrlo.



Am ragor o wybodaeth

De Vito, L. (2023) [Rhagargoeli ar gyfer llywodraethu datblygu cynaliadwy a llesiant yng Nghymru](#). Mae'r gwaith hwn wedi'i gefnogi gan Gymrodoriaeth Polisi'r Cyngor Ymchwil Economaidd a Chymdeithasol, yr ESRC – Cyfeirnod grant: ES/W008939/1.



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Yr Tri gorwel yn ymarferol

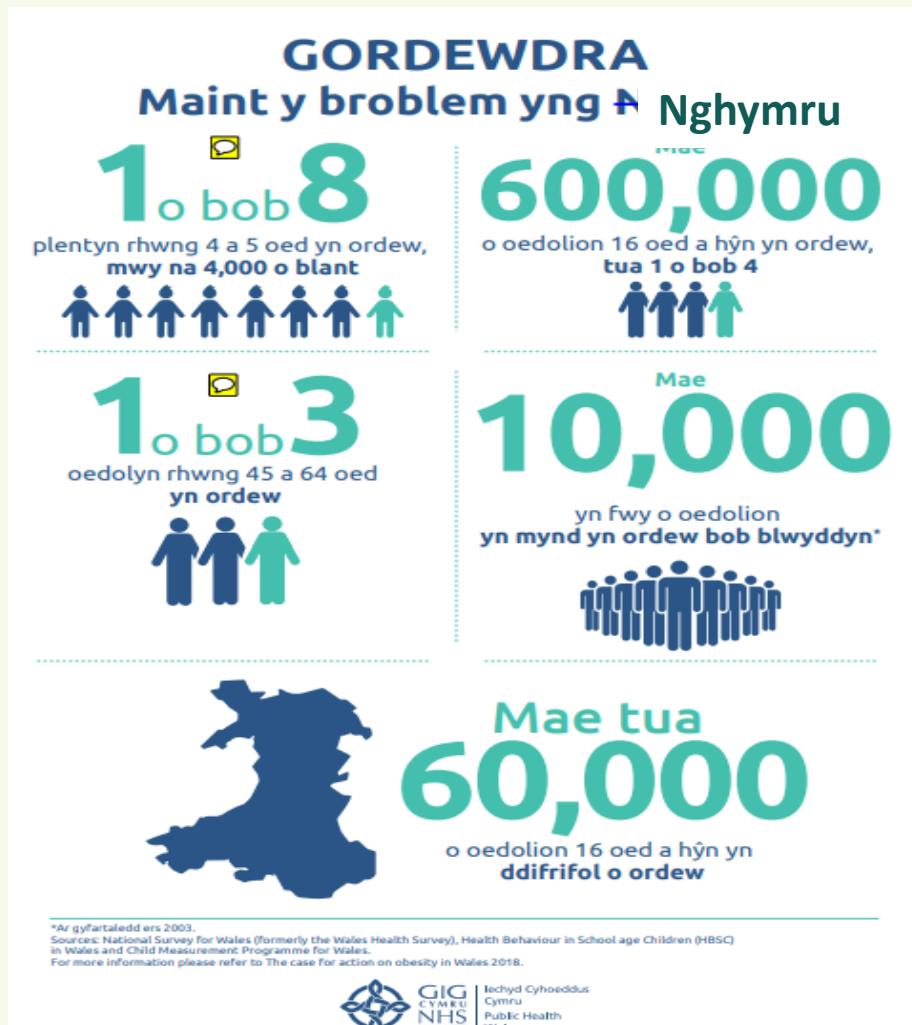
The 3 Horizons in practice

Sophia.Bird@wales.nhs.uk

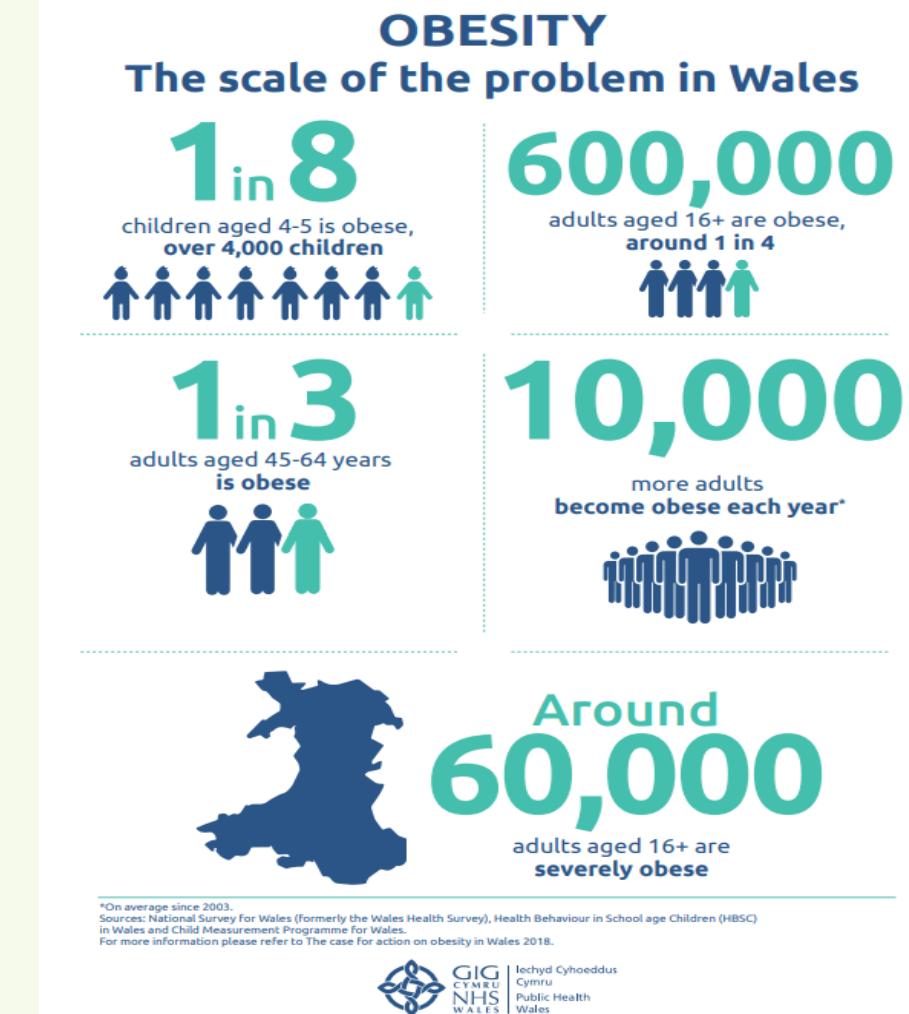
Prif IC Ymarferydd Principal PH Practitioner

13/06/2024

Yr her



The challenge



Mabwysiadu dull systemau hirdymor o wella pwysau iach ynghyd â'r hirymor

Taking a long-term, systems
approach to improving healthy
weight in Wales



Gweledigaeth

Systemau ar gyfer cynllunio yng
Nghymru i gefnogi creu lleoedd ar
gyfer llesiant

Nod

- Cychwyn datblygiad dull systemau o gynllunio ar gyfer pobl iachach
- Gweithio gyda rhanddeiliaid allweddol o fewn y systemau cynllunio ac iechyd y cyhoedd



Vision

Systems for planning in Wales
support placemaking for
wellbeing

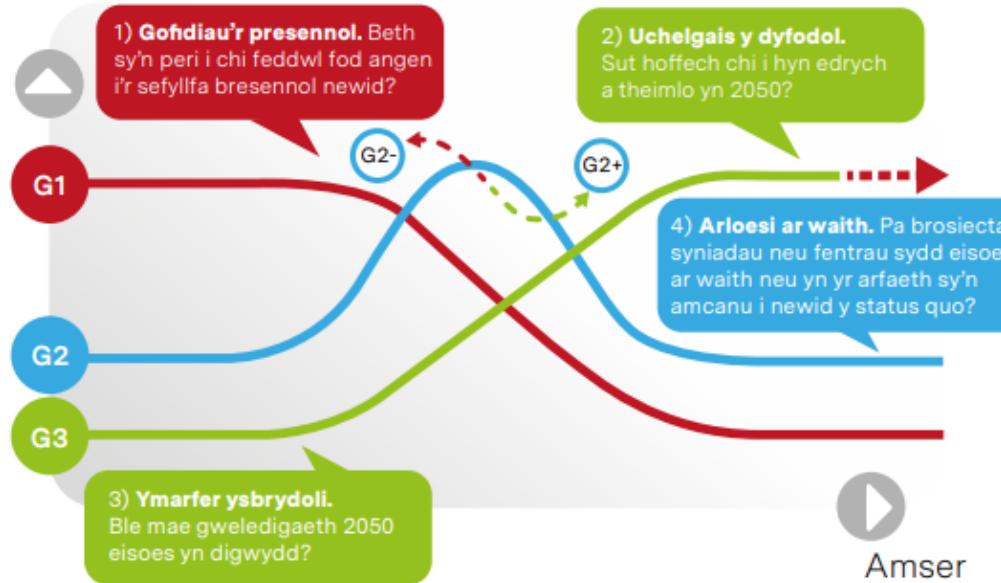
Aim

- To initiate the development of a systems approach to planning for healthier people.
- Work with key stakeholders within the planning and public health systems

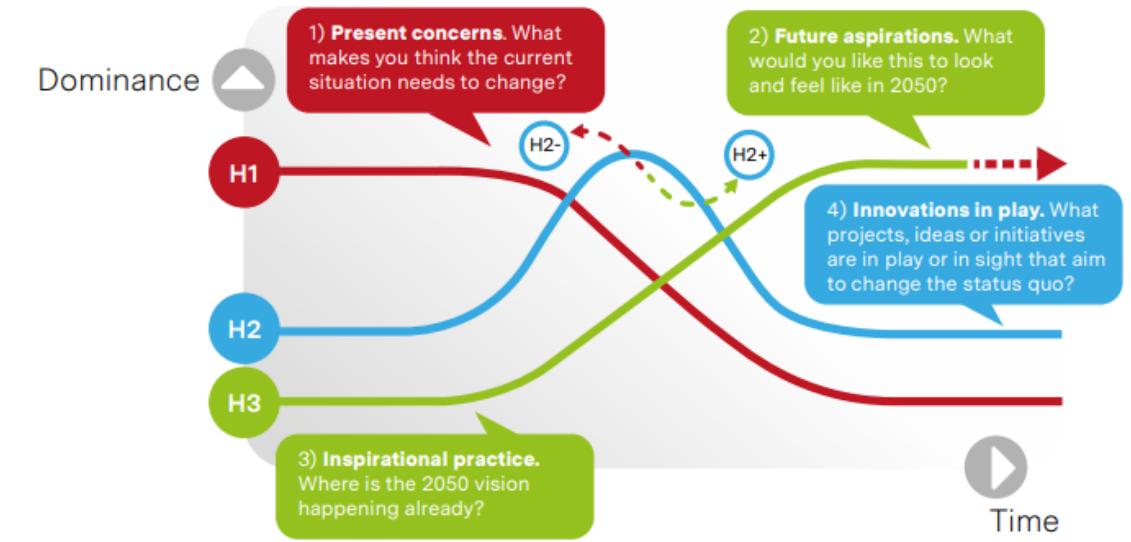
Yr Tri gorwel

The 3 Horizons

Goruchafiaeth



Dominance



Nodwyd 8 thema allweddol

- Trwyddedu a Chyfyngiadau Rheoleiddio
- Rhyngwyneb Cynllunio ac Iechyd y Cyhoedd
- Ymgysylltu â'r Gymuned
- Dylanwad y Sector Preifat
- Croesffordd rhwng mannau dynodedig a lleoliad ar gyfer llesiant
- Gwneud penderfyniadau ar sail data a thystiolaeth
- Gweithio mewn Partneriaeth
- Capasiti

8 Themes identified

- Licencing and Regulatory Constraints
- Planning and Public Health Interface
- Community Engagement
- Private Sector influences
- Intersection between designated spaces and placement for wellbeing
- Data and evidence-based decision making
- Partnership working
- Capacity

Canlyniadau

Thema 2: Rhyngwyneb Cynllunio ac lechyd y Cyhoedd

H1: Materion Cyfredol

Diffyg dull gweithredu cydlynol a chyson ar draws Cymru.

Diffyg dystiolaeth gadarn o safbwyt cynllunio ac ymgysylltiad neu ddylanwad cyfyngedig ar gyfer pryderon lechyd y Cyhoedd y Boblogaeth e.e amgylchedd bwyd y tu allan i'r cartref.

Mae gwahaniaethau iaith yn gwaethyg diffyg eglurder rolau yn y system.

Cyfathrebu cyfyngedig a/neu anghyson ar hyn o bryd rhwng lechyd y Cyhoedd a Chynllunio.

Trefniadau gweithio mewn seilo a llai o gyfleoedd ar gyfer rhwydweithio a chydweithio o fewn y system.

Mae asesiadau effaith ac ymgysylltu yn aml yn cael eu contractio'n allanol.

Results

H2: Camau tuag at weledigaeth

Hyfforddiant a phrosesau cyson ar gyfer cynllunwyr a chydweithwyr lechyd y cyhoedd ledled Cymru.

Mewnbwn data a thystiolaeth lechyd y Cyhoedd gyson i Gynllunio.

Cynyddu cyfleoedd ar gyfer cydweithio i ddatblygu cymdealltwriaeth a gweledigaeth a rennir.

Symleiddio llwybrau at ddata lechyd cyhoeddus.

H3: Y Weledigaeth ar gyfer y Difodol



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System sy'n hyrwyddo eglurder yng Nghylch ychwaraewyr allweddol yn iechyd y cyhoedd a'r system gynllunio, ac yn darparu cyfleoedd ar gyfer gweithio ar y cyd a rhwydweithio.

Ystyrir bod ymgysylltu ac asesiadau ehangach yn rhan annatod o'r rôl gynllunio. Mae Iechyd Cyhoeddus yn ymgynghorai statudol yn y broses gynllunio.

Canlyniadau

Theme 2: Planning and Public Health Interface

H1: Current issues

- Lack of a cohesive and consistent approach across Wales.
- Lack of robust evidence from a planning perspective and limited engagement or influence for Population Public health concerns e.g. out of home food environment.
- Language differences exacerbate lack of clarity of roles within the system.
- Currently limited and/ or inconsistent communication between PH and Planning.
- Siloed working arrangements and reduced opportunities for networking and collaboration within the system.
- Impact assessments and engagement often outsourced

Results



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H3: Future Vision

A system which promotes clarity around the key players within public health and planning system, and provides opportunities for joint working, networking and collaboration.

Wider engagement and assessments are seen as integral to planning role. Public Health are a statutory consultee within the planning process

H2: Steps towards vision

- Consistent training and processes for planners and public health colleagues across Wales.
- Consistent Public Health data and evidence input into Planning.
- Increase opportunities for joint working to develop shared understanding and shared vision.
- Simplification of routes to public health data

Myfyrdodau ar y 3 Gorwelion

Cadarnhaol

- Dechrau sgyrsiau i ddatblygu gweledigaeth a rennir ac iaith a rennir
- Galluogi pobl i ddechrau deall y system ehangach a'u lle yn y system



Reflections on 3 Horizons

Positives

- Started conversations to develop shared vision and shared language
- Enabled people to begin to understand the wider system and their place in the system

Myfyrdodau ar y 3 Gorwelion, parhad

Heriau

- Mae angen i hwyluswyr ddeall yn glir y dull gweithredu
- Mae'n bwysig nodi ymlaen llaw sut y byddwch yn defnyddio'r wybodaeth a gynhyrchir
- Cyflwyno'r canfyddiadau
- Nid yw'n ddiwedd yn ddio'i hun!

Reflections on 3 Horizons, cont.

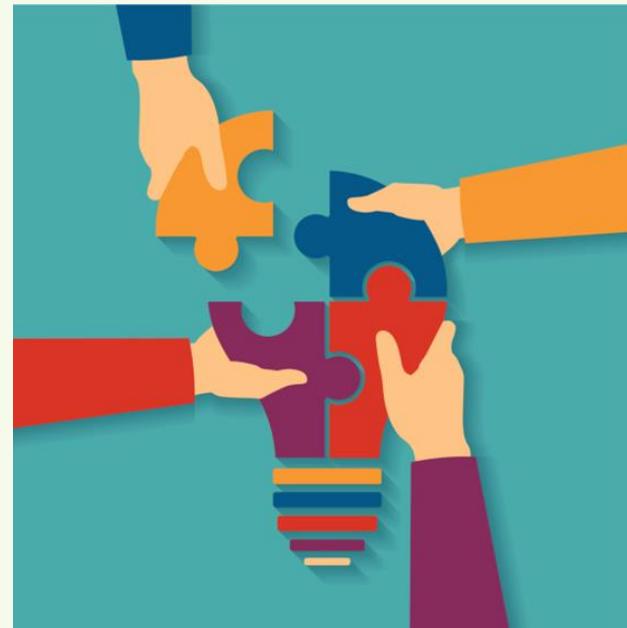
Challenges

- Facilitators need to clearly understand the approach
- Important to identify in advance how you will use the information generated
- Presenting the findings
- It is not an end in itself!



Tri gorwel yn hyrwyddo:

- Gweledigaeth, iaith ac agenda ar y cyd
- Blaenoraiathau a nodau cyffredin
- Alinio mesurau llwyddiant
- Cyfathrebu cynyddol a gwell, sy'n meithrin ymddiriedaeth a chymhelliant



3 Horizons promotes:

- Shared vision, language and agenda
- Common priorities and goals
- Increased and improved communication, building trust and motivation
- mutually reinforcing steps towards vision

[PHW-Three-Horizons_FINAL.pdf \(futuregenerations.wales\)](#)

Adnodd / Resource

- [Y tu hwnt i'r presennol: Sut i gymhwys o meddwl yn hirdymor i leihau anghydraddoldebau iechyd \(phwwhoccc.co.uk\)](#)
- [Beyond the present: How to apply long-term thinking to reduce health inequalities How to apply long-term thinking to reduce health inequalities \(phwwhoccc.co.uk\)](#)

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