

# Agwedd y cyhoedd at reoli pwysau ôl-enedigol: Arolwg poblogaeth cynrychioli'n genedlaethol

# Public Attitude to Post-Natal Weight Management: A nationally representative population survey

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GIG  
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Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

Amser i Siarad  
Iechyd Cyhoeddus  
*Cymru*

Time to Talk  
Public Health  
*Wales*

## Amser i Siarad Iechyd Cyhoeddus

- Banel cenedlaethol o drigolion Cymru sy'n 16+ oed a sefydlwyd gan Iechyd Cyhoeddus Cymru i alluogi **ymgysylltiad rheolaidd â'r cyhoedd** i lywio polisiau ac ymarfer iechyd y cyhoedd.
- Mae'n darparu arolygon rheolaidd ar faterion iechyd y cyhoedd.
- Mae'n rhoi cyfle i Iechyd Cyhoeddus Cymru, Timau Iechyd Cyhoeddus Lleol a Llywodraeth Cymru gyflwyno cwestiynau i'r cynnwys yn yr arolygon a defnyddio'r ased data.
- Mae'n rhoi cyfle i rymuso pobl a chymunedau i gyfrannu eu safbwyntiau ar faterion iechyd y boblogaeth sy'n effeithio arnynt hwy a chenedlaethau'r dyfodol.
- Ar gyfer Arolwg Awst 2023, wnaethom ni cydweithio â'r Is-adran Gofal Sylfaenol i gynnwys cwestiynau ar **reoli pwysau ôl-enedigol**.

## Time to Talk Public Health

- A national panel of Welsh residents aged 16+ years established by Public Health Wales to enable **regular public engagement** to inform public health policy and practice.
- Delivers regular surveys on public health issues.
- Provides an opportunity for Public Health Wales, Local Public Health Teams and Welsh Government to submit questions for inclusion in the surveys and use the data asset.
- Provides an opportunity to empower people and communities to contribute their perspectives on issues of population health that affect them and future generations.
- For the August 2023 Survey, we collaborated with the Primary Care Division to include questions on **post-natal weight management**.

## Dull: Recrwitio i'r Panel

- Dechreuodd recriwtio i ASIC ym mis Tachwedd 2022 gan ddefnyddio dull dulliau cymysg: ar y ffôn, wyneb i wyneb, a hysbysebu ar gyfryngau cymdeithasol
- Ceisiwch gynnal sampl panel cynrychioliadol o 2,500 o bobl gyda samplau arolwg o 1,000 o bobl
- Cwotâu demograffig yn seiliedig ar oedran, rhyw, amddifadedd cwintile, ardal bwrdd iechyd, a ethnigrwydd
- Dal i recriwtio trwy'r wefan a recriwtio demograffig wedi'i dargedu
- Yn sefydlu ar y cyswllt cychwynnol:
  - Demograffeg (ar gyfer sgrinio)
  - Dewis iaith
  - Dewis o ddull cyfranogi arolwg (ffôn neu ar-lein)
- Ni roddir unrhyw gymhellion ariannol ar gyfer cymryd rhan

## Method: Panel Recruitment

- Recruitment to TTPH began in November 2022 using a mixed methods approach: telephone, face-to-face and social media advertising
- Aim to maintain a representative panel sample of 2,500 people with survey samples of 1,000 people
- Demographic quotas based on age, gender, deprivation quintile, health board area, and ethnicity
- Ongoing recruitment through website and targeted demographic recruitment
- At initial contact establish:
  - Demographics (for screening)
  - Choice of language
  - Choice of survey participation method (telephone or online)
- No financial incentives are provided for participation

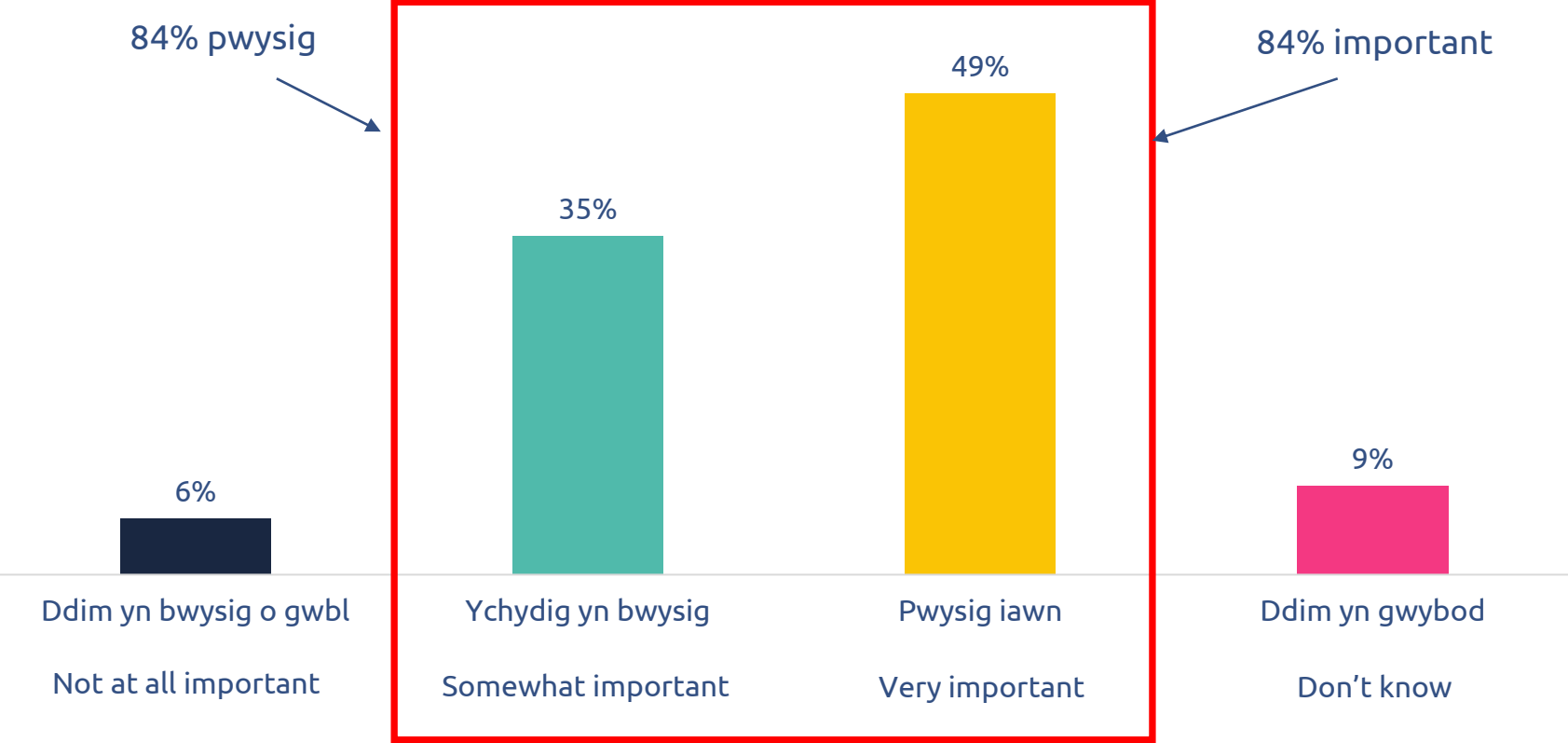
		Poblogaeth Cymru	Sampl arolwg N = 1,113			
Rhyw	Gwryw	49%	401	36%	Male	Gender
	Benyw	51%	700	63%	Female	
	Arall	- \$	12	1%	Other	
Oedran (blynyddoedd)	16-29	21%	190	17%	16-29	Age group (years)
	30-49	29%	333	30%	30-49	
	50-69	31%	373	34%	50-69	
	70+	19%	217	19%	70+	
Cwintel amddifadedd	1 (Mwyaf)	19%	188	17%	1 (Most)	Deprivation quintile
	2	20%	218	20%	2	
	3	21%	226	20%	3	
	4	21%	240	22%	4	
	5 (Lleiaf)	20%	241	22%	5 (Least)	
		Population of Wales	Survey sample N = 1,113			

Oni nodir yn wahanol, mae’r data cangyddiadau wedi cael eu pwysoli i adlewyrchu demograffeg y boblogaeth genedlaethol yn ôl oedran, rhyw ac amddifadedd.

Unless stated otherwise, findings data are weighted to reflect national population demographics by age, sex and deprivation.

**Pa mor bwysig, os o gwbl, ydych chi'n credu ei bod hi'n bwysig i fenywod gael cymorth gan weithwyr gofal iechyd proffesiynol ar gyrraedd a/neu gynnal pwysau iachach hyd at bum mlynedd ar ôl eu geni?**

**How important, if at all, do you think it is for women to receive support from healthcare professionals on getting to and/or maintaining a healthier weight up to five years after birth?**



**Pryd ydych chi'n meddwl y dylai gweithiwr gofal  
iechyd proffesiynol gael y sgwrs gynaf am bwysau  
iach gyntaf gyda menyw ar ôl iddi roi genedigaeth?**

**When do you think a healthcare professional  
should have the first healthy weight conversation  
with a woman after they have given should birth?**



Dydw i ddim yn credu y dylai gweithiwr gofal iechyd proffesiynol ddechrau sgwrs am wysau iach o fewn y 5 mlynedd gyntaf

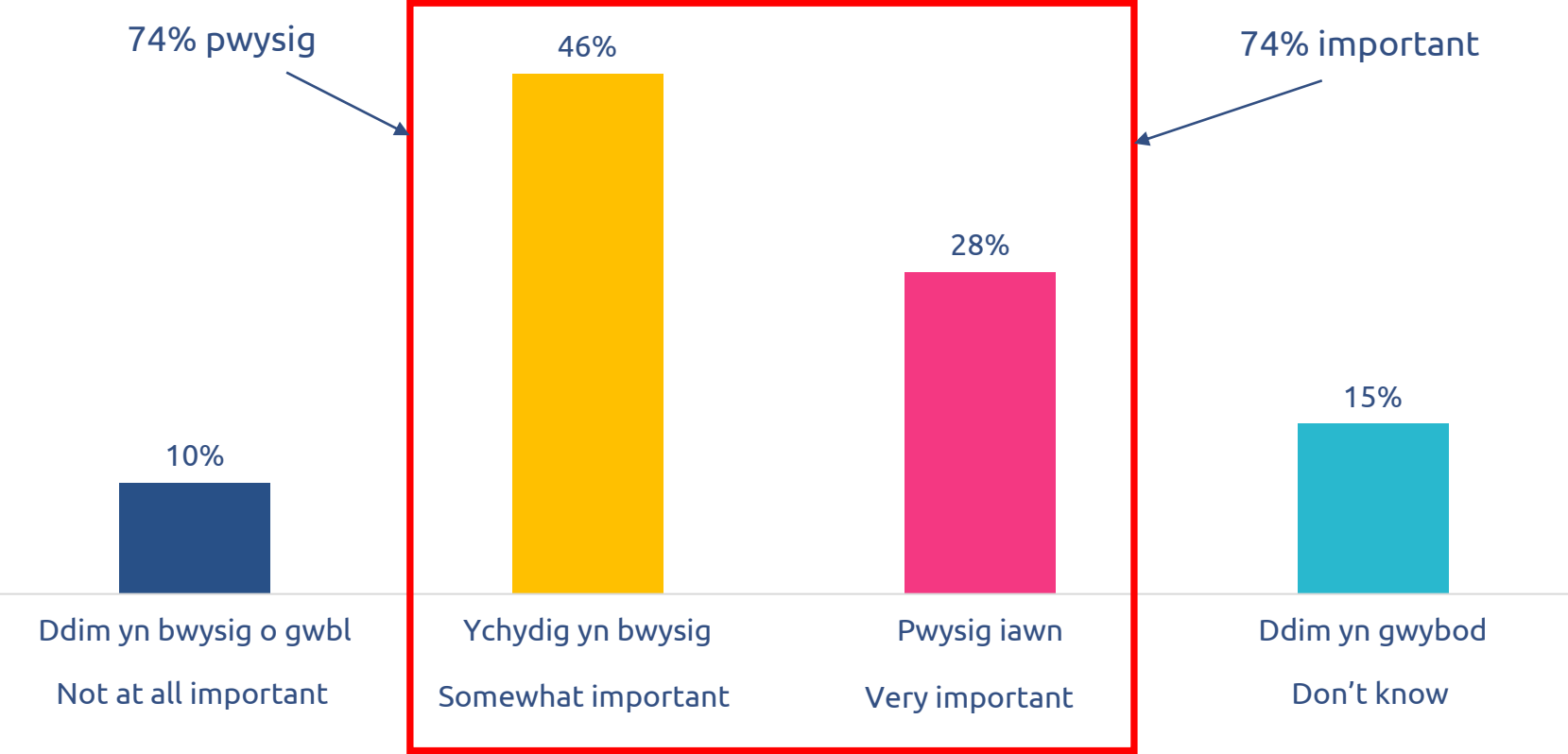
Faint o rôl, os o gwbl, ydych chi'n credu sydd gan y canlynol wrth gefnogi menywod i gyrraedd a/neu gynnal pwysau iachach ar ôl rhoi genedigaeth?

How much of a role, if any, do you think the following have in supporting women getting to and/or maintaining a healthier weight after giving birth?

	Ddim yn gwybod	Ddim o gwbl	Ychydig	Llawer	
Yr unigolyn	10%	2%	10%	74%	The individual
Teuluoedd	13%	9%	35%	39%	Families
Gwasanaethau rheoli pwysau'r GIG	15%	9%	32%	39%	NHS weight management services
Ymweliadau iechyd (e.e. ymwelwyr iechyd)	13%	12%	31%	39%	Health visiting (e.g. health visitors)
Meddygfeydd (e.e. meddygon teulu, nyrsys)	12%	11%	36%	36%	General practices (e.g. GPs, nurses)
Gwasanaethau mamolaeth (e.e. bydwragedd)	15%	16%	31%	34%	Maternity services (e.g. midwives)
Sefydliadau cymunedol a gwirfoddol	19%	12%	41%	25%	Community and voluntary organisations
Gwasanaethau rheoli pwysau masnachol	18%	26%	35%	17%	Commercial weight management services
Fferyllfeydd cymunedol	18%	29%	37%	12%	Community pharmacies
	Don't know	None at all	A little	A lot	

**Pa mor bwysig, os o gwbl, ydych chi'n credu bod adnoddau digidol fel apiau a gwefannau fel offeryn i gefnogi menywod i gyrraedd a/neu gynnal pwysau iachach?**

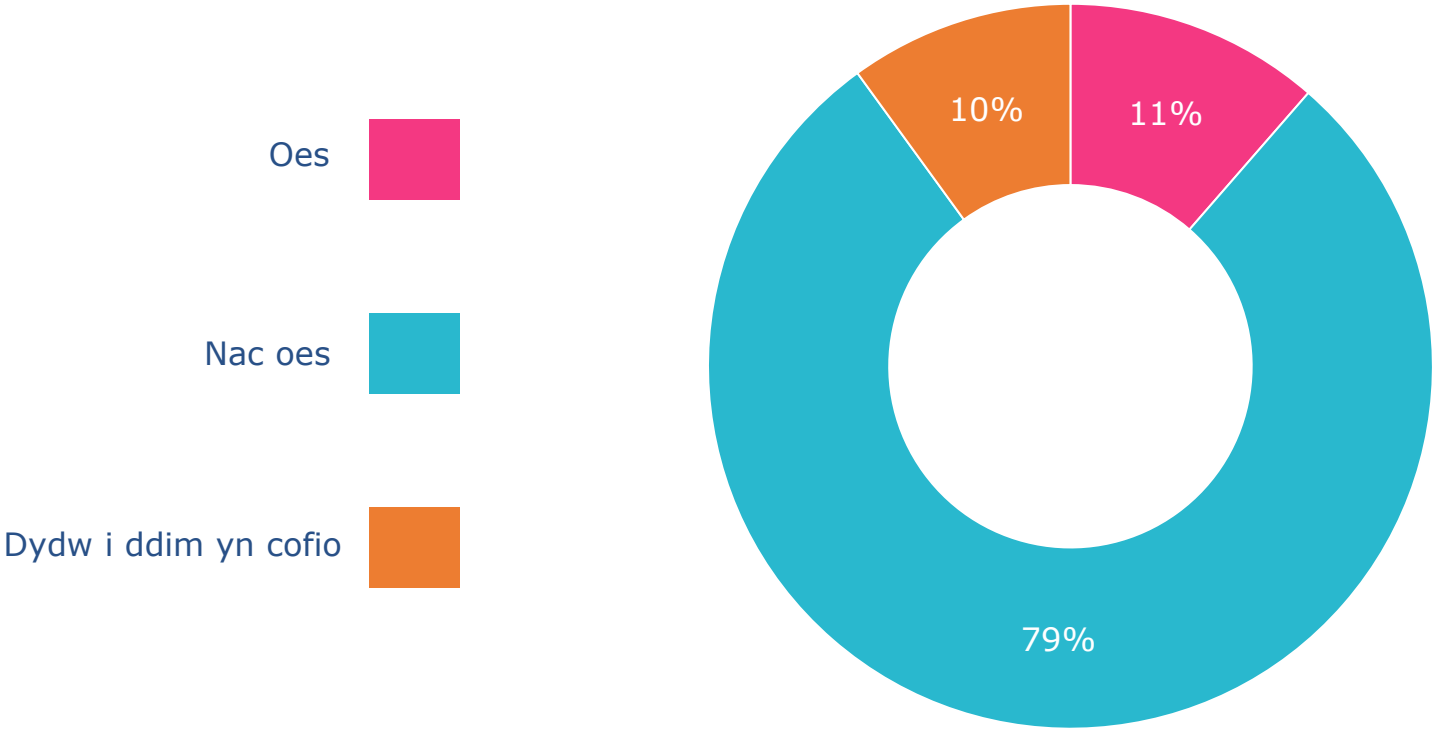
**How important, if at all, do you think digital resources such as apps and websites are as a tool to support women getting to and/or maintaining a healthier weight?**





Gofynnwyd i ymatebwyr a ddywedodd eu bod wedi rhoi genedigaeth yn ystod y 5 mlynedd diwethaf (n=70):

Ers rhoi genedigaeth, a oes gweithiwr gofal iechyd proffesiynol wedi cael sgwrs â chi am bwysau iach?



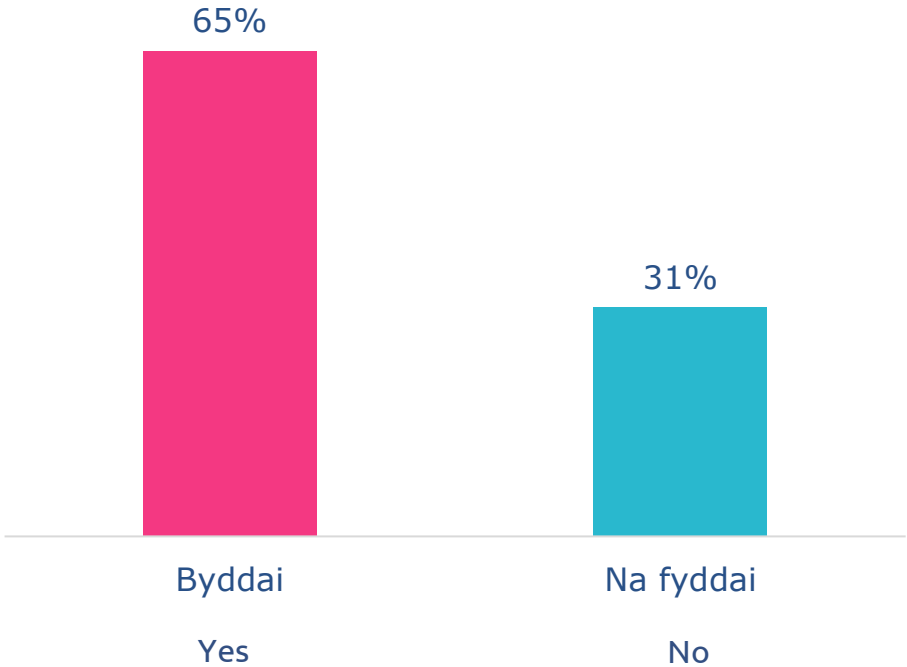
Asked to respondents who reported having given birth in the last 5 years (n=70):

Since giving birth, has a healthcare professional had a healthy weight conversation with you?



Gofynnwyd i'r ymatebwyr hynny a ddywedodd eu bod wedi rhoi genedigaeth yn ystod y pum mlynedd diwethaf ac nad oeddent wedi cael sgwrs ynghylch pwysau iach gyda gweithiwr gofal iechyd proffesiynol (n=55):

**Ydych chi'n meddwl y byddai wedi bod yn ddefnyddiol pe bai gweithiwr gofal iechyd proffesiynol wedi cael sgwrs â chi am bwysau iach?**



Asked to those respondents who reported they had given birth in the last five years and not having had a healthy weight conversation with a healthcare professional (n=55):

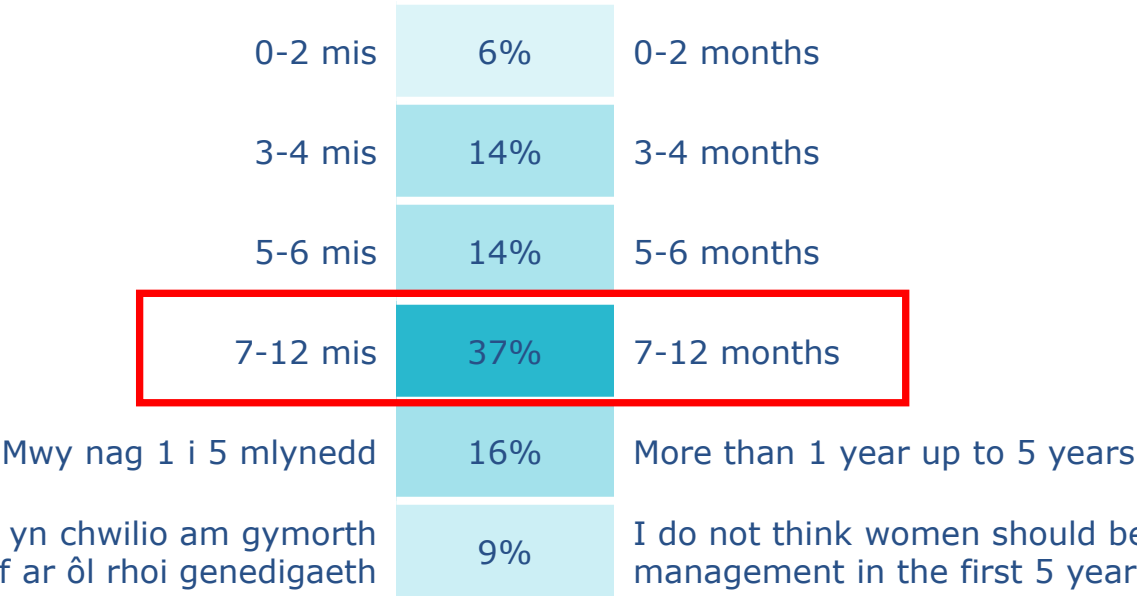
**Do you think it would have been helpful if a healthcare professional had had a healthy weight conversation with you?**

Gofynnwyd i'r ymatebwyr hynny a ddywedodd eu bod wedi rhoi genedigaeth yn ystod y pum mlynedd diwethaf ac nad oeddent wedi cael sgwrs ynghylch pwysau iach gyda gweithiwr gofal iechyd proffesiynol (n=55):

**Ydych chi'n meddwl y byddai wedi bod yn ddefnyddiol pe bai gweithiwr gofal iechyd proffesiynol wedi cael sgwrs â chi am bwysau iach?**

Asked to those respondents who reported they had given birth in the last five years and not having had a healthy weight conversation with a healthcare professional (n=55):

**Do you think it would have been helpful if a healthcare professional had had a healthy weight conversation with you?**



Dydw i ddim yn credu y dylai menywod fod yn chwilio am gymorth ar reoli pwysau yn y 5 mlynedd gyntaf ar ôl rhoi genedigaeth

**Am fwy o wybodaeth ar Amser i Siarad Iechyd Cyhoeddus,  
gweler ein gwefan:**

[Amser i Siarad Iechyd Cyhoeddus - Iechyd Cyhoeddus Cymru](#)

**Unrhyw gwestiynau ar Amser i Siarad Iechyd Cyhoeddus,  
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**For more information about Time to Talk Public Health,  
please visit our website:**

[Time to Talk Public Health - Public Health Wales](#)

**For any questions relating to Time to Talk Public Health,  
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**For any questions relating to the topic specific,  
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