

# 'COVID-19 pandemic world and beyond: The public health impact of Home and Agile Working in Wales - A Health Impact Assessment (HIA)

Byd pandemig COVID-19 a thu hwnt: Effaith Gweithio Gartref ac Ystwyth ar iechyd y cyhoedd yng Nghymru - Asesiad o'r Effaith ar Iechyd (HIA)

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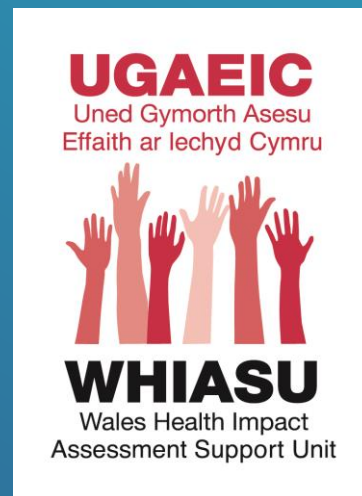
Polisi ac Iechyd Rhyngwladol, Canolfan Gydweithredol Sefydliad Iechyd y Byd ar Fuddsoddi ar gyfer Iechyd a Llesiant / Policy and International Health, WHO Collaborating Centre on Investment for Health and Well-being

14 Tachwedd 2024 / 14 November 2024



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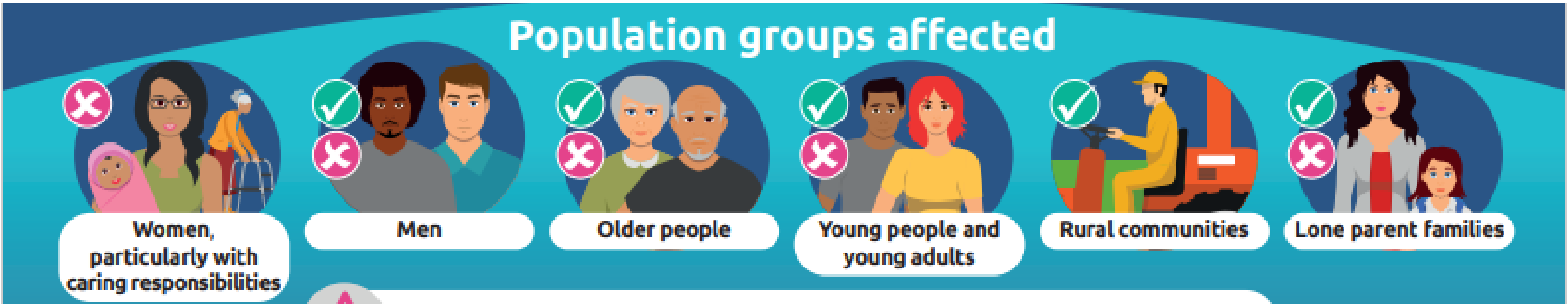
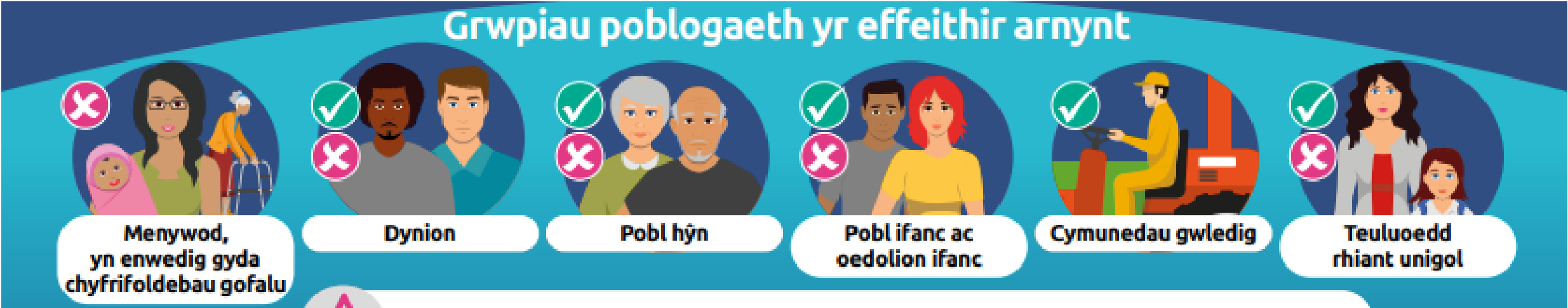
# Cefndir, Nodau a Dull

- Arweiniodd y polisi Aros Gartref a Chadw Pellter Cymdeithasol at ailgyfeirio ar unwaith at weithio gartref
- Deall effaith y Polisi yng Nghymru yn well
- Ar **bwyl** mae'n effeithio a **sut** mae'n effeithio ar y boblogaeth trwy edrych **drwy lens penderfynyddion iechyd**
- Wedi'i gynnal mewn amser real rhwng mis Mehefin a mis Awst 2020
- Cymru yn unig; cynhwysfawr; cyfranogol; wedi asesu effeithiau **cadarnhaol /cyfleoedd** ac effeithiau **negyddol ac anfwriadol**
- Tystiolaeth: adolygiad o lenyddiaeth, cyfweiliadau â rhanddeiliaid, proffil iechyd y boblogaeth, data arolwg ymgysylltu â'r cyhoedd Iechyd Cyhoeddus Cymru.

# Background, Aims and Approach

- Staying at Home and Social Distancing Policy led to immediate reorientation to homeworking
- To better understand the impact of the Policy in Wales
- **Who** it affects and **how** it affects the population using the **lens of the determinants of health**
- Carried out in real-time from June to August 2020
- Wales only; comprehensive; participatory; assessed **positive / opportunities** and **negative** and **unintended negative** impacts
- Evidence: literature review, stakeholder interviews, population health profile, PHW public engagement survey data.

# Y grwpiau poblogaeth yr effeithiwyd arnynt fwyaf / Population groups most affected



# Penderfynnyddion allweddol iechyd

## Ymddygiadau lach

- Gweithgarwch corfforol gan gynnwys teithio llesol
- Deiet a maeth

## Ffactorau cymdeithasol a chymunedol

- Rhwydweithio cymdeithasol
- Gweithgarwch cymdeithasol yn y gwaith
- Effaith ar deuluoedd
- Y rhai sydd â chyfrifoldebau gofalu

## Llesiant Meddyliol

- Straen, gobryder a gorweithio

## Ffactorau amgylcheddol

- Tai, amgylchedd gweithio gartref
- Trafnidiaeth a theithio llesol
- Y defnydd o dir a thai



# Key determinants of health

## Healthy behaviours

- Physical activity including active travel
- Diet and nutrition

## Social and community factors

- Social networking
- Social activity at work
- Impact on families
- Those with caring responsibilities

## Mental wellbeing

- Stress, anxiety and burnout

## Environmental factors

- Housing, homeworking environment
- Transport and active travel
- Land use and housing

# Penderfynnyddion allweddol iechyd

## Ffactorau economaidd

- Mathau o gyflogaeth a sectorau
- Lefelau incwm
- Cynhyrchiant
- Economiâu sylfaenol lleol
- Gweithleoedd neu fannau swyddfa lleol

## Polisiâu a Seilwaith Sefydliadol a Chenedlaethol

- Polisiâu sefydliadol
- Gwasanaethau digidol/seilwaith
- Sgiliau digidol a llythrennedd
- Polisiâu a deddfwriaeth y Llywodraeth

# Key determinants of health

## Economic factors

- Types of employment and sectors
- Income levels
- Productivity
- Local foundational economies
- Localised office workplaces or spaces

## Organisational and National Policies and Infrastructure

- Organisational policies
- Digital services/infrastructure
- Digital skills and literacy
- Government policies and legislation



# Canfyddiadau allweddol

- Iechyd Meddwl a Llesiant
- Y manteision i gyflogwyr a gweithwyr
- Yn cael effaith ar ystod eang o grwpiau poblogaeth
- Mae polisiau sefydliadol yn allweddol i gydraddoldeb
- Mynediad at seilwaith digidol a chymorth
- Ystod o fanteision ehangach – nid yn ymwneud â gwaith yn unig
- Effeithiau economaidd ac amgylcheddol yn erbyn effeithiau ar lefel poblogaeth

# Key findings

- Mental health and well-being
- Benefits for employers and employees
- Wide range of population groups affected
- Organisational policies are key to equality
- Access to digital infrastructure and support
- Range of wider benefits – not just work related
- Economic and environmental impacts vs. population level impacts



## Cyfleoedd

- Gwell iechyd meddwl a llesiant
- Datblygu cymunedol trwy wasanaethau lleol
- Pobl ifanc yn gallu aros yn eu cymunedau
- Adolygu polisiau datblygu economaidd cynaliadwy a chynllunio gofodol
- Datblygu canllawiau a deddfwriaeth newydd ar gyfer gwell iechyd corfforol a meddyliol
- Gwell dealltwriaeth o anghenion gwahanol boblogaethau

## Opportunities



- Increased mental health and well-being
- Community development through localised services
- Young people can stay in their communities
- Review sustainable economic development and spatial planning policies
- Development of new guidance and legislation for improved physical and mental health
- Improved understanding of the needs of different populations

## Casgliadau

- Roedd yr asesiad hwn ar bwnc perthnasol iawn y gellir uniaethu ag ef – roedd rhanddeiliaid yn awyddus i gymryd rhan
- Llawer o ddiddordeb yn yr HIA – wedi'i gyflwyno fel rhan o sawl galwad am dystiolaeth
- Trosglwyddadwy i gyd-destunau eraill o'i addasu - yr Alban
- Sefyllfa sy'n symud yn gyflym ac yn newid
- Gweithio mewn Tîm
- Effaith – llywio polisi Gweithio o Bell Llywodraeth Cymru
- Mae'r HIA yn parhau i fod yr un mor berthnasol nawr – mae wedi sefyll prawf amser

## Reflections

- This was on a very relevant subject, very relatable – stakeholders keen to engage
- Lots of interest in the HIA – submitted as part of several calls for evidence
- Transferrable to other contexts with adaptation - Scotland
- Fast paced and changing situation
- Team working
- Impact – informed Welsh Government Remote Working policy
- HIA remains as relevant now – has stood the test of time