

Pam Croesewir Bwydo ar y Fron? Why Breastfeeding Welcome?

Rachel Evans
Bydwraig Arweiniol ar gyfer Bwydo ar
y Fron
Iechyd Cyhoeddus Cymru

2/7/26

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2/7/26

Bwydo ar y Fron ac Iechyd y Cyhoedd yng Nghymru



- “Mae bwydo ar y fron yn bwysig ar gyfer iechyd a datblygiad babanod a'u mamau ac mae'n gysylltiedig ag atal anghydraddoldebau iechyd sylweddol. Darparu llaeth y fron yw'r gweithgaredd mwyaf hygyrch a chost-effeithiol sydd ar gael o ran iechyd y cyhoedd.”

Strategaeth Tlodi Plant Llywodraeth Cymru, 2024

- “Breastfeeding is important for the health and development of infants and their mothers and is linked to the prevention of major health inequalities. The provision of human milk is the most accessible and cost-effective activity available to public health.”

Welsh Government Child Poverty Strategy, 2024

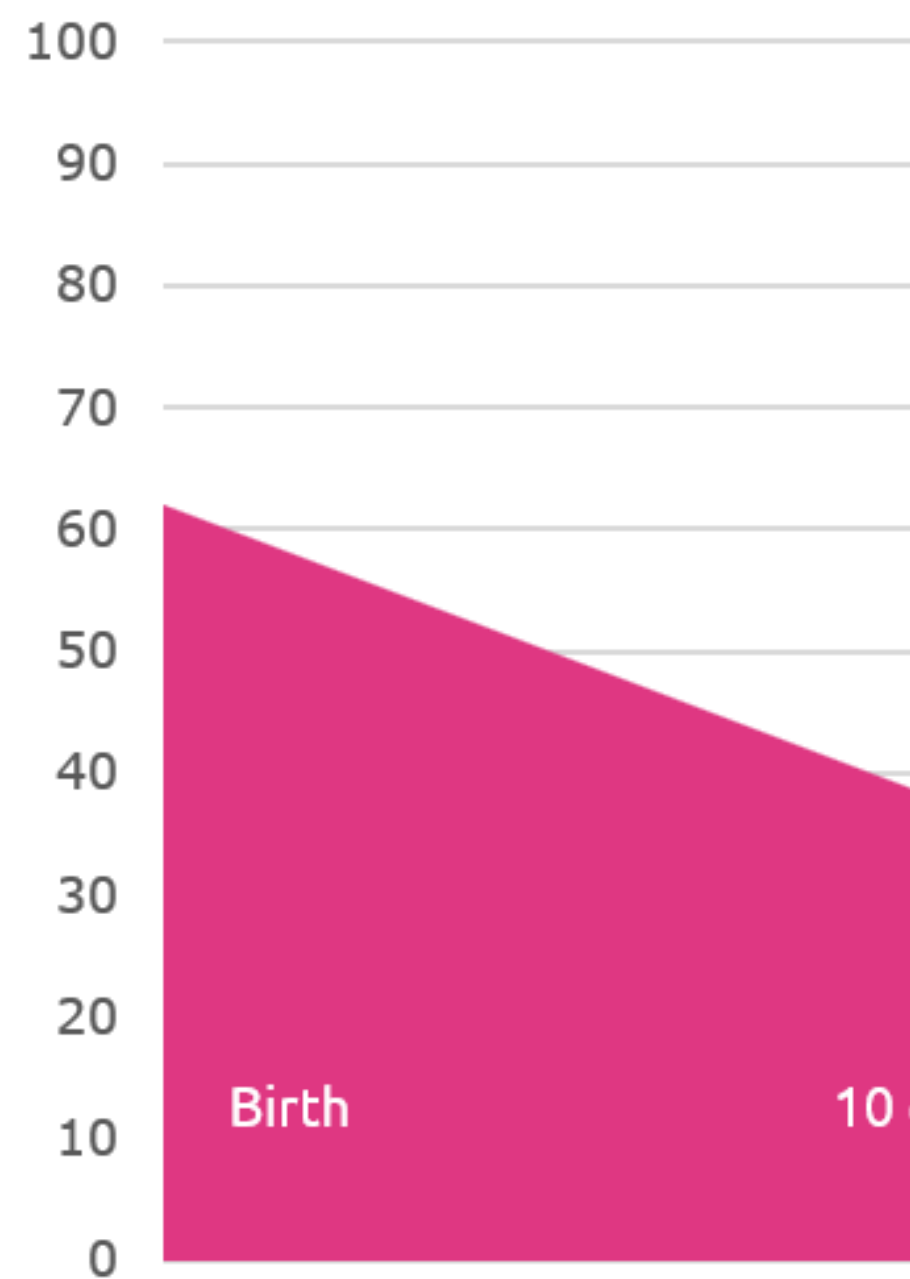
Bydd mwy o fabanod yng Nghymru yn cael eu bwydo ar y fron, ac am gyfnod hirach, a bydd yr anghydraddoldebau presennol mewn cyfraddau bwydo ar y fron rhwng grwpiau yn cael eu lleihau.

Cynllun Gweithredu Pum Mlynedd Bwydo ar y Fron Cymru Gyfan, 2019

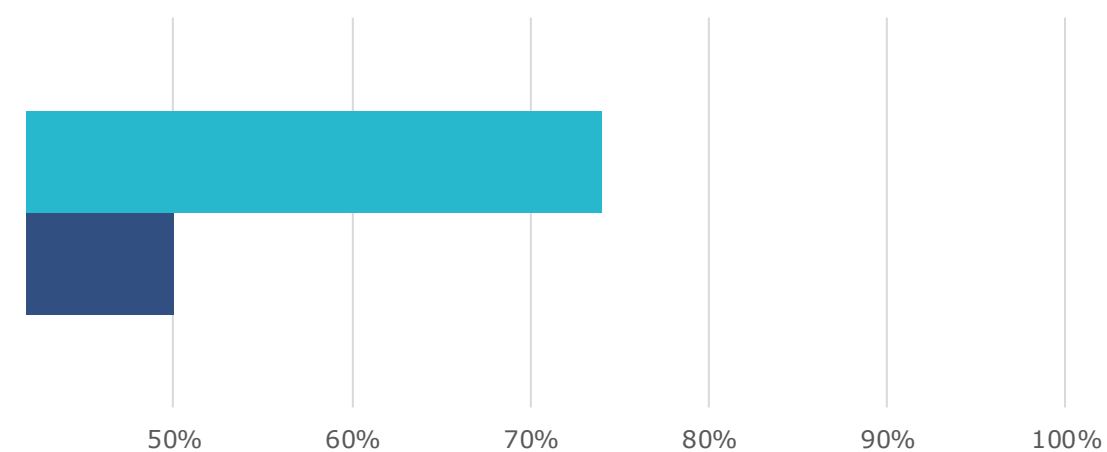
More babies in Wales will be breast-fed, and for longer, and the current inequalities in breastfeeding rates between groups will be reduced.

All Wales Breastfeeding Five Year Action Plan, 2019

Exclusive breastfeeding



Welsh Index of Multiple Deprivation, 2024



Croesewir Bwydo ar y Fron 2.7.26
Breastfeeding Welcome 2.7.26

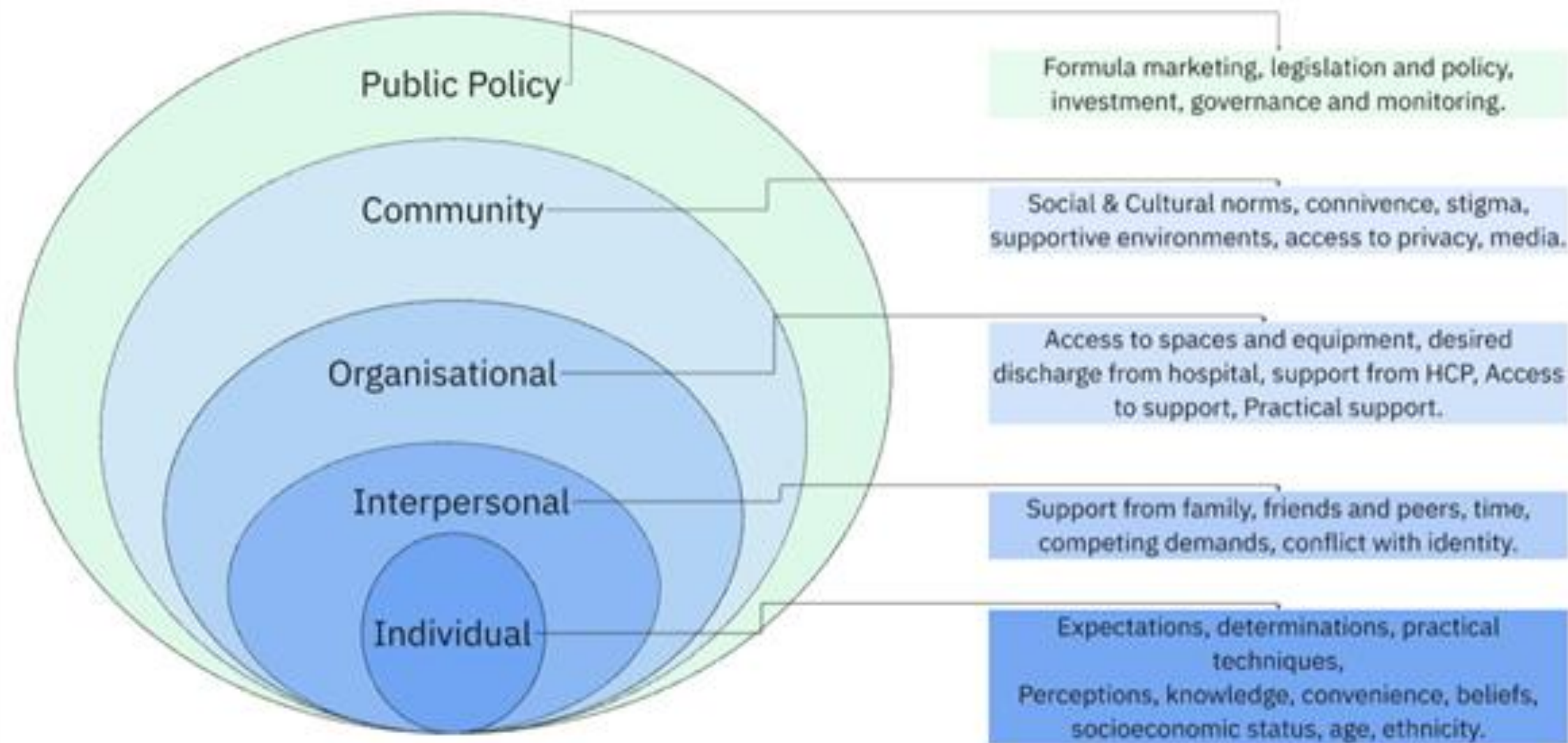


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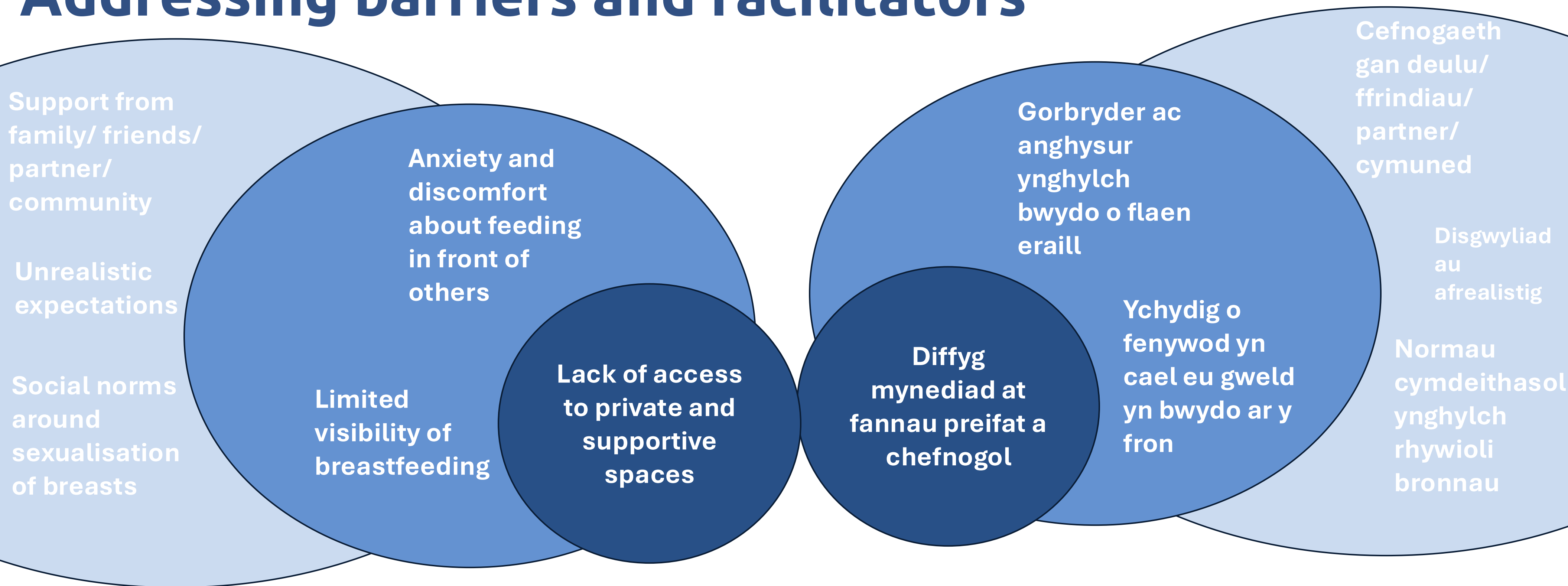
Barriers & Facilitators Influencing Breastfeeding



- Mae camau gweithredu blaenorol wedi canolbwyntio ar y system iechyd a naratif dewisiadau ar sail gwybodaeth.
- Nododd adolygiad tystiolaeth gan Iechyd Cyhoeddus Cymru rwystrau a hwyluswyr ar draws y system.
- Nid yw Croesewir Bwydo ar y Fron ar ei ben ei hun yn ateb - ond mae'n rhan o'r darlun.
- Previous action has focused on the health system and informed choice narrative.
- PHW evidence review identified barriers and facilitators across the system.
- Breastfeeding Welcome alone isn't the answer- but it is part of the picture.

Mynd i'r afael â rhwystrau a hwyluswyr

Addressing barriers and facilitators





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