

**Unigrwydd, ynysigrwydd cymdeithasol a chysylltiad
cymdeithasol yng Nghymru: Safbwynt iechyd cyhoeddus**

**Loneliness, social isolation and social connection in
Wales: A public health perspective**

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GIG
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Iechyd Cyhoeddus
Cymru
Public Health
Wales

Cefndir

Comisiwn WHO ar Gysylltiad Cymdeithasol

- Yn cydnabod cysylltiad cymdeithasol fel blaenoriaeth iechyd y cyhoedd yn fyd-eang
- Yn tynnu sylw at effeithiau ar iechyd, llesiant a chanlyniadau cymdeithasol
- Yn gosod agenda fyd-eang ar gyfer gweithredu



<https://www.who.int/groups/commission-on-social-connection>

Background

WHO Commission on Social Connection

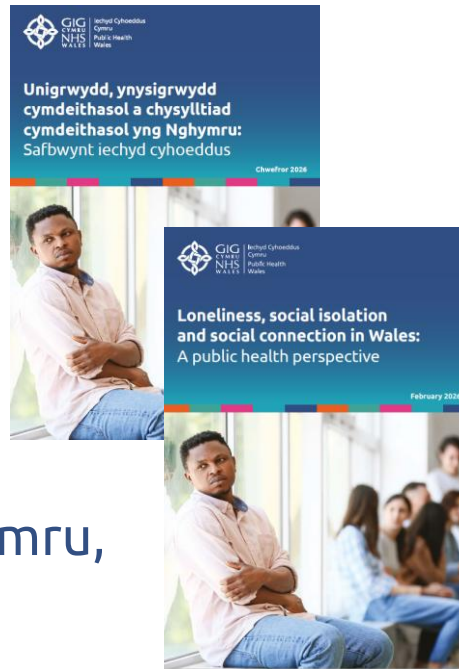
- Recognises social connection as a global public health priority
- Highlights impacts on health, well-being and social outcomes
- Sets a global agenda for action



Ein hadroddiad

Nodau

- Gyffredinrwydd unigrwydd, ynysigrwydd cymdeithasol a chysylltiad cymdeithasol,
- Tystiolaeth ar atebion,
- Ffactorau sy'n cynyddu'r risg o unigrwydd ac ynysigrwydd cymdeithasol,
- Enghreifftiau o arfer da ledled Cymru,
- Meysydd allweddol i weithredu arnynt yn y dyfodol.



Our report

Aims

- The prevalence of loneliness, social isolation and social connection,
- Impacts on health and well-being,
- Factors that increase the risk of loneliness and social isolation,
- Examples of good practice in Wales,
- Key areas for future action.

Ein hadroddiad

Dulliau

- Chwiliadau llenyddiaeth systematig
- Chwiliadau am lenyddiaeth lwyd
- Ymgysylltu â rhanddeiliaid allweddol
- Cyfweiliadau ansoddol

Our report

Methods

- Systematic literature searches
- Grey literature searches
- Engagement with key stakeholders
- Qualitative interviews



Ein hadroddiad Dulliau

- Yng Nghymru, nid yw ynysigrwydd cymdeithasol a chysylltiad cymdeithasol yn cael eu mesur yn rheolaidd, fel sy'n digwydd gydag unigrwydd.
- Cwestiynau a gafodd eu cynnwys yn arolwg Amser i Siarad Iechyd Cyhoeddus (TTPH) mis Chwefror 2025:
 - Maint yr aelwyd,
 - Amllder ymweliadau gan ffrindiau/y teulu,
 - Amllder gweithgarwch cymdeithasol,
 - Lefel o gysylltiad ag eraill a hunangofnodwyd.
- Fe'i defnyddir i amcangyfrif nifer yr achosion o ynysigrwydd cymdeithasol a chysylltiad cymdeithasol.

Our report Methods

- In Wales, loneliness is routinely measured, but social isolation and social connection are not.
- Questions included in the February 2025 TTPH survey:
 - Household size,
 - Frequency of friend/family visits,
 - Frequency of social activity,
 - Self-reported level of connection to others.
- Used to estimate prevalence of social isolation and social connection.

Pwy sy'n unig neu'n ynysig yng Nghymru?

Cyffredinrwydd

Mae **13%** o bobl
yng Nghymru yn
unig¹

Mae **13%** o bobl
yng Nghymru
wedi'u hynysu'n
gymdeithasol²

Who is lonely or isolated in Wales?

Prevalence

13% of people
in Wales are
lonely¹

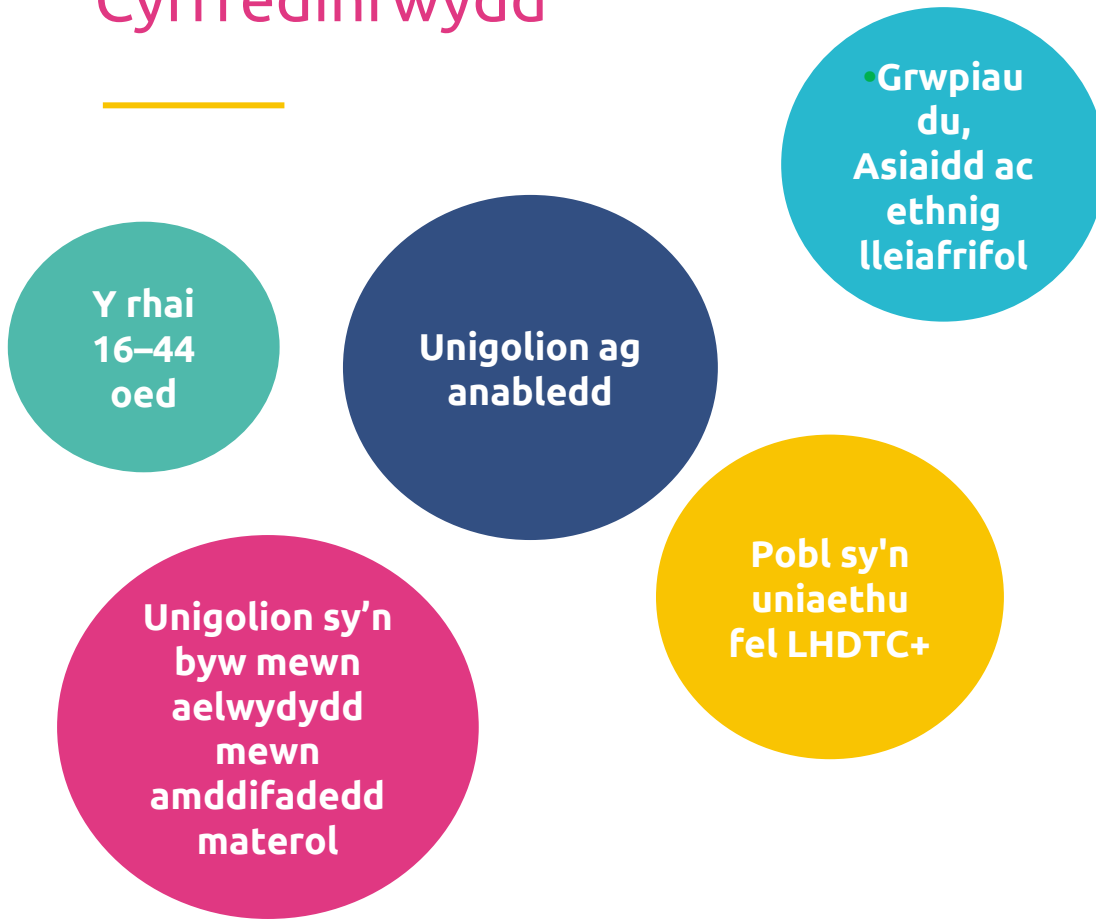
13% of people
in Wales are
socially isolated²

1. Welsh Government. (2023).
2. Public Health Wales. (2025).



Pwy sydd fwyaf unig?

Cyffredinrwydd



Who is most lonely?

Prevalence



Pwy sydd wedi'i ynysu'n gymdeithasol yng Nghymru?

Cyffredinrwydd

Roedd ynysigrwydd cymdeithasol ar ei uchaf ymysg y rhai:

Sy'n 50-69 oed

Sy'n nodi bod ganddynt anabledd

Sy'n byw mewn ardaloedd o amddifadedd uchel

Who is socially isolated in Wales?

Prevalence

Social isolation was highest in those:

Aged 50 – 69 years

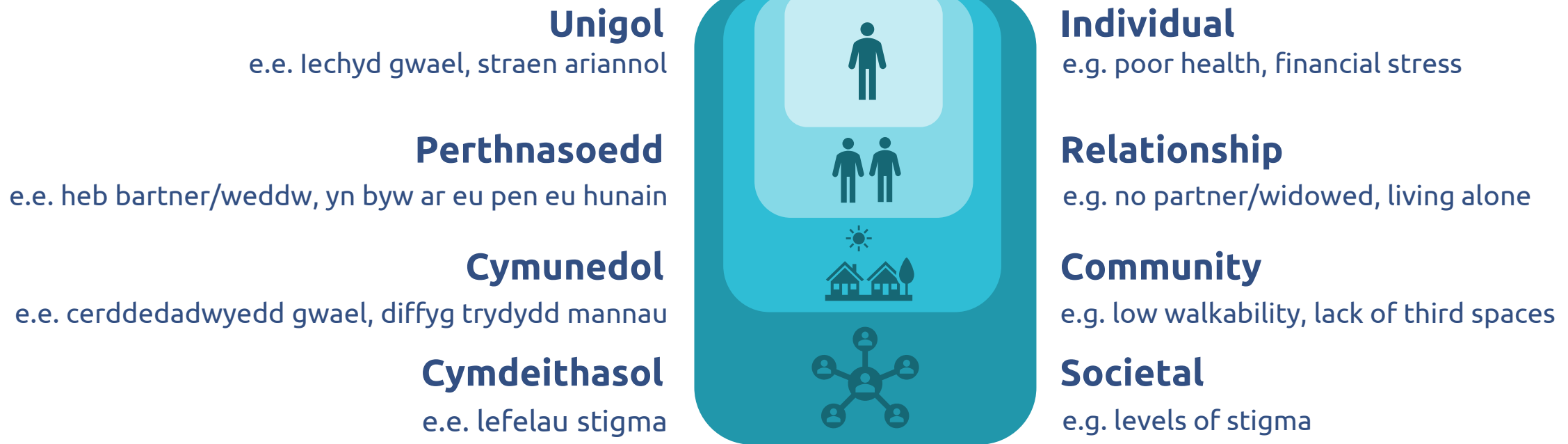
Who report having a disability

Who live in areas of high deprivation

Ffactorau sy'n cynyddu'r risg

Risk factors

Ar draws lefelau cymdeithasol-ecolegol Across socio-ecological levels



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Effeithiau ar iechyd a llesiant

Gynnwys risg gynyddol o:

- Cyflyrau iechyd corfforol, meddyliol a gwybyddol:
 - Clefyd cardiofasgwlaidd
 - Diabetes math 2
 - Iselder, gorbryder
 - Dementia
- Farwolaeth gynnar
- Deilliannau addysg a chyflogaeth gwael
 - Chyflawniad academaidd gwaeth
 - Diweithdra
 - Ac incwm is

Impacts on health and well-being

Increased risks of:

- Physical, mental and cognitive health conditions:
 - Cardiovascular disease
 - Type 2 diabetes
 - Depression, anxiety
 - Dementia
- Early death
- Poor education and employment outcomes
 - Poorer academic achievement
 - Unemployment
 - And reduced income



Datrysiadau a chyfleoedd

Cryfhau cysylltiad cymdeithasol

Solutions and opportunities

Strengthening social connection

Gellir cymryd camau gweithredu ar wahanol lefelau: Action can be taken at different levels:

Unigol



Gweithio gyda phobl sydd mewn perygl o unigrwydd/ynysigrwydd:

- Meithrin rhwydweithiau
- Darparu cefnogaeth gymdeithasol
- Datblygu sgiliau cymdeithasol
- Newid gwybyddiaethau cymdeithasol

A mynd i'r afael â rhwystrau i ymgysylltu / cysylltu

Individual



Working with people at risk of loneliness/isolation:

- Building networks
- Providing social support
- Developing social skills
- Changing social cognitions

And addressing barriers to engagement / connection

Datrysiadau a chyfleoedd

Cryfhau cysylltiad cymdeithasol

Solutions and opportunities

Strengthening social connection

Gellir cymryd camau gweithredu ar wahanol lefelau: Action can be taken at different levels:

Cymunedol



Meithrin amgylcheddau cymdeithasol:

- Cryfhau seilwaith cymdeithasol
- Grwpiau a gweithgareddau cymunedol
- Presgripsiynu cymdeithasol

Community



Fostering social environments:

- Strengthening social infrastructure
- Community groups and activities
- Social prescribing

Datrysiadau a chyfleoedd

Cryfhau cysylltiad cymdeithasol

Solutions and opportunities

Strengthening social connection

Gellir cymryd camau gweithredu ar wahanol lefelau: Action can be taken at different levels:

Cymdeithasol

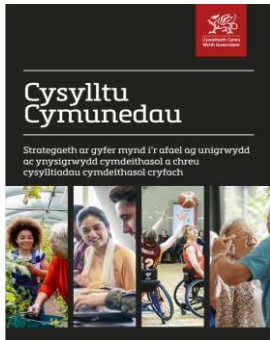
Mynd i'r afael â phenderfynyddion cymdeithasol:

- Strategaethau cenedlaethol
- Polisiâu
- Ymgyrchoedd / eiriolaeth

Societal

Addressing societal determinants:

- National strategies
- Policies
- Campaigns / advocacy



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Beth nesaf?

Cyfeiriadau'r dyfodol

- Pa rôl y gall gwahanol sectorau ei chwarae mewn datrysiadau?
- Ble y gallai fod cyfleoedd i fagu cysylltiadau cymdeithasol o fewn camau gweithredu presennol?

What next?

Future directions

- What role can different sectors play in solutions?
- Where might there be opportunities to foster social connections within existing action?



Any questions?

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References

Welsh Government. (2020). Loneliness and social isolation (connected communities) | GOV.WALES. In *Welsh Government*. <https://www.gov.wales/loneliness-and-social-isolation-connected-communities>

Welsh Government. (2023). Loneliness (National Survey for Wales): April 2022 to March 2023 [HTML] | GOV.WALES. In *Welsh Government*. <https://www.gov.wales/loneliness-national-survey-wales-april-2022-march-2023-html>

Public Health Wales. (2025). Time to Talk Public Health: February 2025 Findings. <https://phw.nhs.wales/topics/time-to-talk-public-health/time-to-talk-public-health-panel-publications/publications/time-to-talk-public-health-february-2025-survey-results>

Useful Links

- [WHO Commission on Social Connection](#)
- [PHW Report on Loneliness, Social isolation and Social connection in Wales](#)
- [Welsh Government *Connected Communities* Strategy](#)
- [National Survey for Wales \(2023\) – Loneliness Results](#)
- [Wellbeing of future generations Act \(2015\)](#)
- [The Hive, Newport](#)
- [Ffrind i Mi](#)

