



Llywodraeth Cymru  
Welsh Government

# Healthy Weight: Healthy Wales

**Our national ambitions to prevent and reduce obesity  
in Wales:** the key issues and how you can have your say



# Our challenges

 <p><b>Obesity</b> is likely to cost NHS Wales <b>£465M</b> per year over the next <b>30 years</b></p>	<p><b>Obesity</b> can lead to poor mental wellbeing and reduced self-esteem in children</p> 	 <p><b>Obesity</b> increases the risk of developing <b>high blood pressure, type-2 diabetes, heart disease and stroke</b></p>
 <p><b>60% (6 in 10)</b> adults in Wales are <b>overweight or obese</b></p>	<p><b>Obesity</b> is the leading preventable cause of <b>cancer</b> after <b>smoking</b></p> 	 <p><b>Over a quarter of 4-5 year olds</b> in Wales are <b>overweight or obese</b></p>
<p>   <b>Obesity</b> is the highest cause of people living in <b>poor health</b> and one of the <b>most preventable</b> causes of <b>premature death</b></p>		

# Our vision

“ The people of Wales should have longer, healthier and happier lives, able to remain active and independent, in their own homes, for as long as possible. ”

The causes of obesity are complicated and there is no quick fix. The widespread availability of energy-dense, relatively cheap convenience food and a decline in the need or desire to be physically active has contributed to increasing levels of overweight or obesity in Wales. In addition, there are barriers to reaching and maintaining a healthy weight which can vary by ethnicity, poverty and age.

While there are things we can all do to help tackle obesity, such as making healthier food choices and being more physically active, there are also things that can be done at a national level. This will involve influencing the make-up of processed food to limit its salt and sugar content, limiting the promotion of unhealthy food choices, especially to children, and making sure that healthy alternatives are widely available and affordable to consumers.

Given the complexity of the issue, we need to take a long-term, joined-up approach to halt, and ultimately reverse, current trends. This will involve empowering and enabling people to think about their own and their family's health to support being a healthy weight, combined with community-based support and specialist weight management for those who are already obese to support emotional and wellbeing needs.



# Our four themes

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Our proposals are based on a series of national measures collated into four main themes:



## Leadership and Enabling Change

Driving improved leadership to deliver Healthy Weight: Healthy Wales through Local Health Boards, Local Authorities and their partners.



## Healthy Settings

Ensuring our education, work and leisure facilities promote and provide opportunities for people in Wales to access healthy meals, snacks and drinks and be physically active.



## Healthy Environments

Creating an environment that helps everyone to make healthier food choices and creating opportunities in daily life for people to be active.



## Healthy People

Providing the opportunities and inspiring people and communities to achieve and maintain a healthy body weight.

## Have your say

We want to hear your thoughts on our proposals to combat overweight and obesity and any alternative ideas you may have. To do so, you can visit the consultation website at <https://beta.gov.wales/healthy-weight-healthy-wales> where you can read the full Healthy Weight: Healthy Wales consultation document and complete the online consultation questionnaire.

Alternatively, you can send us a written consultation response by email, letter or by completing the questionnaire at the end of the printed consultation document. To request a hard copy of the consultation document, please contact us on **03000 258516** or email **HealthyWeightHealthyWales@gov.wales**.

Written consultation responses should be returned to:

**The Welsh Government, Health & Social Services Department,  
Healthy & Active Branch, Cathays Park, Cardiff, CF10 3NQ**