

AGENDA

One Newport Partnership

21st February 2023 (Additional Meeting)

4.30 pm

Hybrid Meeting – Committee Room 1, Civic Centre, Newport and on Microsoft Teams

1. Welcome and Introductions
2. Apologies
3. Minutes of the meeting held 13th December 2022 (minutes attached)

Discussion Items

4. Gwent Well-being Plan – Janice Dent, Newport City Council (report attached)
5. Newport Local Action Plan – Laura Waldron, Newport City Council (report attached)
6. Replacement Local Development Plan Growth Options – Victoria Gee, Newport City Council (presentation) ([Growth and Spatial Options paper](#))

Information Item

7. Building a Fairer Gwent: Why Gwent is a Marmot Region: Director of Public Health Annual Report 2022 (report attached)

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Date: February 2023

[One Newport Partnership Terms of Reference](#)

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One Newport Partnership

Minutes

Date: 13th December 2022

Time: 4.30 pm – Civic Centre Newport and on Teams

Present:

Newport City Council: Cllr J Mudd (Chair); B Owen

South Wales Fire and Rescue Service: M Evans

Aneurin Bevan University Health Board: D Dawson-Morris

Natural Resources Wales: H Bleach

Gwent Police: CS Carl Williams

Public Health Wales: Bethan Bowden

Gwent Association of Voluntary Organisations: S Tiley

Registered Social Landlords: C Doyle

Newport Live: S Ward

Newport Youth Council: E Parsons-Harewood and K Green

Officers: N Dance (Co-ordinator, NCC); J Dent (NCC); L Waldron, (NCC).

Observer: Councillor David Mayer, Chair of Newport City Council Performance Scrutiny Committee - Partnerships

Apologies

S Morgan (Natural Resources Wales); K Dew (ABUHB); G Lacey (Coleg Gwent); M Cadwallader (USW); Jeff Cuthbert (OPCC); Craig Lane (Newport Third Sector Partnership)

No	Item	Action
1	<p>Welcome and Introductions</p> <p>The Chair welcomed Mike Evans (South Wales Fire and Rescue Service), and Evie Parsons-Harewood and Kai Green (Newport Youth Council) to their first meeting of the One Newport Partnership.</p>	

2	<p>Minutes of the meeting held on 21st September 2022</p> <p>The minutes of the meeting held on 21st September 2022 were confirmed as a true record.</p>	
3	<p>Newport Local Well-being Plan 2022/23 – Q2 Performance</p> <p>Leads presented the performance dashboards for each of the five Local Well-being Plan interventions for the period to 30th September 2022 and answered questions.</p> <p>S Ward reported that he had agreed to chair the Climate Change Sub-Group, He noted that the Group would benefit from further traction among One Newport partners to support delivery of the work.</p> <p>It was noted that a bid led by Newport City Council has been submitted for the creation of a Freeport region in SE Wales.</p> <p>A funding bid for behavioural change work in respect of active travel had been successful and would support a three-year delivery plan.</p> <p>The Chair expressed her thanks to partners for their support for Newport's first Pride in the Port event. Members recorded their congratulations to Pride in the Port for winning the Pride of Gwent Diversity in the Community Award.</p> <p>M Evans referenced the app being trialled in parts of Newport through which fly-tipping could be reported. The information derived from this had supported a reduction in the number of deliberate fires associated with fly-tipping.</p> <p>AGREED - To approve the intervention dashboards</p>	ALL
4	<p>Strategy and Performance Board</p> <p>The Board received the minutes of the Strategy and Performance Board meeting held on 24th November 2022.</p> <p>The Chair reminded members that they could submit items for consideration by the Strategy and Performance Board.</p> <p>AGREED: To note the minutes of the Strategy and Performance Board held on 24th November 2022.</p>	
5	<p>Scrutiny Letter</p> <p>Councillor David Mayer, Chair of Newport City Council's Partnerships Scrutiny Committee presented the Committee's letter containing comments on the One Newport annual report.</p> <p>AGREED: To receive the Scrutiny letter.</p>	
6	<p>Consultation Draft Gwent Well-being Plan</p>	

	<p>The Board received a paper presenting the consultation draft of the Gwent Well-being Plan.</p> <p>N Dance reported that the Newport Third Sector Partnership had considered the draft plan and agreed comments.</p> <p>Members commented as follows:</p> <ul style="list-style-type: none"> • Within the Gwent Well-being Plan, it was important to recognise that there were different challenges in Newport to other parts of the Gwent region. • For partners with a solely Newport remit, the Gwent Plan could feel removed from local operations and immediate issues • There needed to be hooks within the regional plan that enabled Newport partners to give sufficient focus to local considerations, and to make a difference locally. <p>B Owen noted the continued commitment of partners to the Board at the most senior level and that this would be important going forward.</p> <p>AGREED:</p> <ol style="list-style-type: none"> i. To submit a One Newport response to the draft consultation ii. Members to submit any further comments for inclusion in the response to Janice Dent at Newport City Council iii. To note progress in the development of the Gwent Well-being Plan. 	<p>ALL; JD</p>
<p>7</p>	<p>Newport Local Action Plan Development</p> <p>The Board received a paper updating on the development of the Newport Local Action Plan, reporting on the outcomes of stakeholder workshops, and seeking approval for the timescale and next steps involved in creating the Plan.</p> <p>The proposed timeline for production of the Local Action Plan included a six-week public consultation. It was proposed to establish a Task and Finish Group to develop the plan and that members nominate a representative from their organisation to be part of the Group, ensuring a partnership approach.</p> <p>The Chair thanked CS Carl Williams and Bethan Bowden for their support in delivering the One Newport stakeholder workshops.</p> <p>It was noted that a recurrent theme from the workshops was the importance of supporting community groups.</p> <p>The Chair noted that the Local Action Plan also provided an opportunity to develop and deliver strategic activity, outside of the Gwent Well-being Plan that would benefit from a strong partnership approach in the city. This could include aspects of work related to the Newport offer such as delivery of a refreshed City Centre Masterplan / Placemaking Plan, cultural and sports strategies, and support for Newport to become a Living Wage City.</p> <p>AGREED:</p>	

	<p>i. To note progress in the development of the Gwent Well-being Plan</p> <p>ii. To approve the proposed next steps and timeline for the development of the Newport Local Action Plan</p> <p>iii. Members to notify of any further suggested actions for inclusion in the Local Action Plan</p> <p>iv. Members to nominate a representative from their organisation to sit on a Task & Finish group to support the development of the draft Local Action Plan.</p>	<p>ALL</p> <p>ALL</p>
8	<p>Gwent Public Services Board Minutes</p> <p>The Board received the draft minutes of the meeting held on 29th September 2022</p>	
9	<p>Regional Partnership Board Minutes</p> <p>The Board received the draft minutes of the meeting held on 6th September 2022.</p>	
10	<p>Forward Work Programme</p> <p>The forward work programme was noted.</p>	ALL
11	<p>Dates of Future Meetings</p> <p>The Chair noted the dates of future meetings and thanked partners for their valuable support.</p> <ul style="list-style-type: none"> • 21st February 2023 (Civic Centre, Newport) • 29th March 2023 • 14th June 2023 • 13th September 2023 • 6th December 2023 	ALL
12	<p>Retirement of Sarah Aitken, Director of Public Health</p> <p>The Chair noted the retirement of Sarah Aitken, Director of Public Health. The Chair would write to Sarah Aitken on behalf of the Board to thank her for her contribution and support.</p>	Chair

One Newport Partnership

21 February 2023

Gwent Well-being Plan 2023-28

Purpose

To consider and receive the Gwent Well-being Plan 2023-28

Background

The Gwent Public Services Board was established in October 2021. As part of its statutory functions, the Gwent PSB must publish a Well-being Assessment and a Well-being Plan for the area.

The Well-being Assessment for Gwent was published on 5th May 2022. The Gwent Assessment is supported by six local area assessments for Newport covering Central, East, North, South West, North East and North West.

The Gwent Well-being Plan, outlining how the PSB plans to improve economic, social, cultural, and environmental well-being in the region, must be published by 5th May 2023.

Once published, support for delivering the Gwent Well-being Plan in Newport will fall to the One Newport Partnership. Delivery will be through a Local Action Plan developed by the Partnership.

Gwent Well-being Plan

The Regional Well-being assessments led to the creation of potential focus areas for the Gwent Well-being objectives. These were initially assessed by members of the officer Gwent Strategic Well-being Assessment Group (GSWAG) which sits underneath the PSB and contains representatives of organisations that constitute the PSB. Following this assessment, the PSB identified 3 areas of focus for the Well-being Plan:

- Environment (Climate and Nature emergencies)
- Health and Well-being/Inequalities
- Community Cohesion (including Community Safety and Substance Misuse)

A detailed analysis of these 3 areas was carried out by suitable Partner organisations and this informed the development of draft Objectives and 'Steps' which provide the framework for how these objectives will be achieved:

- We want to create a fair and equitable Gwent for all
 - By reducing the gap in the number of years lived in good health between the most and least deprived communities in Gwent
 - By ensuring that our communities feel empowered, healthy, and safe.

- By creating equitable opportunities in education and by reducing the gaps in achievement.
 - By reducing the impacts of child poverty.
 - By improving low and no carbon transport links that enable access to employment, education, culture, and leisure.
 - By supporting the creation of meaningful employment and training opportunities that enable everyone to receive fair pay for the work they do.
 - By working with housing providers and other stakeholders to ensure good quality, energy efficient and appropriate housing for all.
- We want to create a Gwent that has friendly, safe, and confident communities
 - By creating a safer Gwent by reducing anti-social behaviour, preventing crime as much as possible, improving road safety and enhancing our green spaces.
 - By ensuring that Gwent is a welcoming, diverse, and thriving place to live and visit by being inclusive and creating cultural opportunities for all.
 - By creating volunteering opportunities across the region which will empower residents to have control over their own communities.
 - By creating access to good quality, healthy and affordable food with secure supply chains and opportunities for local growth.
 - By reducing digital exclusion and embracing digital innovation.
 - By enabling access to valuable work for everyone by enhancing skills and education opportunities and taking advantage of emerging sectors.
- We want to create a Gwent where the natural environment is protected and enhanced to maximise the well-being benefits that nature provides to current and future generations.
 - By reducing the environmental impact of production and consumption.
 - By declaring a nature emergency in Gwent.
 - By responding to the climate emergency and protecting and preparing communities for the risk associated with climate change.
 - By exploring and promoting community energy projects.
 - By transforming food, transport, and energy in Gwent.
 - By recognising biodiversity as an asset, addressing the root causes of biodiversity loss and better managing the pressures on natural environments

These draft Objectives and Steps formed the Draft Well-being Plan which entered public consultation in September 2022 for 12 weeks.

Final Plan

Following feedback gained from the consultation from both stakeholders and members of the public, the Plan was amended by GSWAG to reduce the number of objectives and steps.

The interconnecting Well-being Objectives Steps in the final plan, attached as an Appendix to this report, are as follows:

Well-being Objectives

- We want to create a fairer, more equitable and inclusive Gwent for all
- We want a climate-ready Gwent, where our environment is valued and protected, benefitting our well-being now and for future generations.

Steps

- Take action to reduce the cost of living crisis in the longer term
- Provide and enable the supply of good quality, affordable, appropriate homes
- Taking action to reduce our carbon emissions, help Gwent adapt to climate change, and protect and restore our natural environment
- Take action to address inequities, particularly in relation to health, through the framework of the Marmot Principles
- Enable and support people, neighbourhoods, and communities to be resilient, connected, thriving and safe

Marmot Principles

The Gwent PSB has agreed to become a Marmot Region and to use this approach to undertake evidence-based action to reduce inequalities in Gwent. The PSB will use the eight Marmot Principles, alongside the Objectives and Steps, to shape the delivery of the Gwent Well-being Plan. The eight Marmot principles adopted for the Plan are:

1. Give every child the best start in life
2. Enable all children, young people, and adults to maximise their capabilities and have control over their lives
3. Create fair employment and good work for all
4. Ensure a healthy standard of living for all
5. Create and develop healthy and sustainable places and communities
6. Strengthen the role and impact of ill-health prevention
7. Tackle racism, discrimination, and their outcomes
8. Pursue environmental sustainability and health equity together

All statutory partners on the Gwent PSB will need to sign off the Plan and this process is currently underway. Final sign-off by the Gwent PSB is scheduled for 27th April 2023. The report will then be translated before publication in May 2023; with the new objectives coming into effect from June 2023.

During the first year of the Plan, the PSB and Local Delivery Groups will be preparing detailed delivery plans at a regional and local level: One Newport members will be aware that work has already begun to develop a local delivery plan for the city.

The first Gwent PSB annual report will be published in June 2024.

Scrutiny

Scrutiny of performance against the Gwent Well-being Plan overall will be by a Regional Scrutiny Committee. Local scrutiny will apply to activity undertaken by the One Newport Partnership through its local action plan, which is currently under development.

Proposal

To note the progress made and receive the Well-being Plan attached at Appendix A.

Recommendation

Members are asked to:

1. To note the progress made and receive the Well-being Plan as set out in this report.

Timetable Immediate

Well-being of Future Generations Act

The Well-being of Future Generations (Wales) Act 2015 is the focus of this report. All actions which are proposed in the Gwent Well-being Plan support the achievement of the Regional Well-being objectives

Equalities and Welsh Language

All actions which are proposed to support the achievement of the Regional Well-being objectives will be assessed to make sure that they are in line with the Equality Act 2010. All of the documentation relating to the development of the Plan (assessments, the Plan itself, consultation content) has been presented in Welsh as well as English.

Communication

The Plan will be published on the Gwent PSB website. There will also be a link to the Plan on the One Newport website. Promotion of the published plan will be supported by social media campaigns.

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Janice Dent – Janice.dent@newport.gov.uk

Nicola Dance – nicola.dance@newport.gov.uk

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Introduction

Welcome to the first Well-being Plan for Gwent, setting out how we are working together to respond to some of the key issues identified in our most recent Well-being Assessment. As part of planning for the next 25 years, and beyond, this five year plan sets out what we will be doing to improve well-being across the region, now and for future generations. Many of the issues we know that affect the well-being of a region will take more than a few months or even years to solve, so the plan has tried to look for longer term solutions which may take a bit longer to show results. There will, of course, be things we can do in the short term, but those will need to help deliver benefits in the years to come.

The Well-being of Future Generations (Wales) Act established Public Services Boards, more commonly known as PSBs, for each local authority area to work together to improve well-being in their area. PSBs are made up of senior leaders from the Local Authority, the Health Board, the Fire and Rescue Service and Natural Resources Wales. A number of other organisations are also invited to join the PSB, such as the Police Service, the Police and Crime Commissioner and the voluntary sector.

In September 2021 the five PSBs in Blaenau Gwent, Caerphilly, Newport, Monmouthshire, and Torfaen came together to form the Gwent PSB, working across the region, and locally. This decision was made to simplify and strengthen the existing partnership arrangements by bringing all the public services together. The move to a regional PSB, with collective responsibility for improving well-being, makes it easier for partners to actively get involved, to add value and avoid doing the same thing several times.

The Well-being Assessment for Gwent, published last year, showed that inequality and deprivation in our communities and the need to take action on the climate and nature emergencies were having an impact on well-being. This Well-being Plan outlines how we, the PSB, will work together to tackle the social, economic, environmental and cultural issues which can affect well-being in Gwent.

Public Services Board Membership



WPEB

How our plan was developed

We used the new Well-being Assessment to identify the issues which had the most effect on well-being, and where we could achieve more by working together than working alone and making better use of the resources we have. This is often known as 'added value'. We identified these issues:

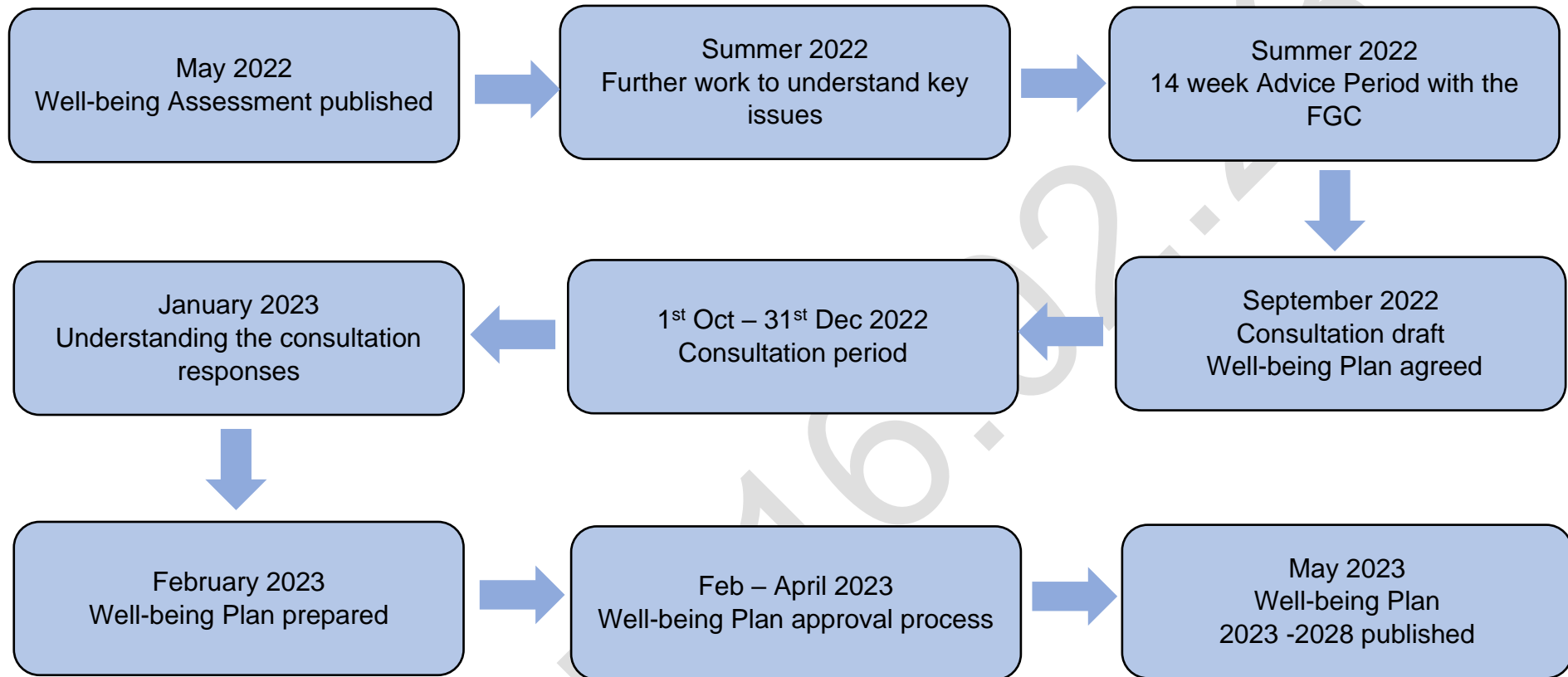
- Health inequalities and well-being (including housing)
- Community cohesion (including community safety and substance misuse)
- Environment (including climate and nature emergencies)

Over the summer of 2022 more work was done to get a better understanding of these issues and how they affected our communities. This involved pulling on a wide range of knowledge and experience, including from the Future Generations Commissioner's office, learning from others and examples of good practice from across Wales and beyond. The Future Generations Report was another source of information about what the future might mean for things like jobs or flooding.

The draft Well-being Plan for Gwent went out for consultation in October 2022. It had three objectives, each with several supporting steps. Full details of the consultation process can be found in Appendix 1. (To come)

Following the consultation the responses were assessed and analysed. The responses came from five sources: the survey, community events, stakeholder events, statutory consultee responses and individual written responses. To understand what the most important issues were for people the issues raised in the consultation were then ranked according to how many of the response sources commented on each one. These became the objectives and steps in this Well-being Plan. We will continue to use the information from the consultation as we develop each step's delivery plan in the Plan as well as continuing to engage communities and groups in our work going forward.

Timeline



Five Ways of Working

Just as when we were preparing the Well-being Assessment, we have used the five ways of working, collaboration, integration, involvement, long-term, and prevention, to guide our work. This means that while considering how to improve well-being in our communities now, we've also looked at how well-being could be affected in the future and how we can prevent issues becoming worse. We will need to work together to see what we're each doing in a community and how this affects what we do, individually and in partnership. Finally, but most importantly, we want our communities, professionals, businesses, and others to identify the issues which are most important to them. As we develop how we will be delivering the Objectives and Steps (regional and local delivery plans) we will continue to use these principles to guide our work.



Figure 1: The 5 ways of working from the Well-being of Future Generations Act

Seven Well-being Goals

The actions in this Well-being Plan must contribute to the Well-being Goals for Wales. Together they show the Wales we'd like for the future and cover all aspects of well-being. Each of the goals are as important as each other, although this plan may do more for one goal than for another.

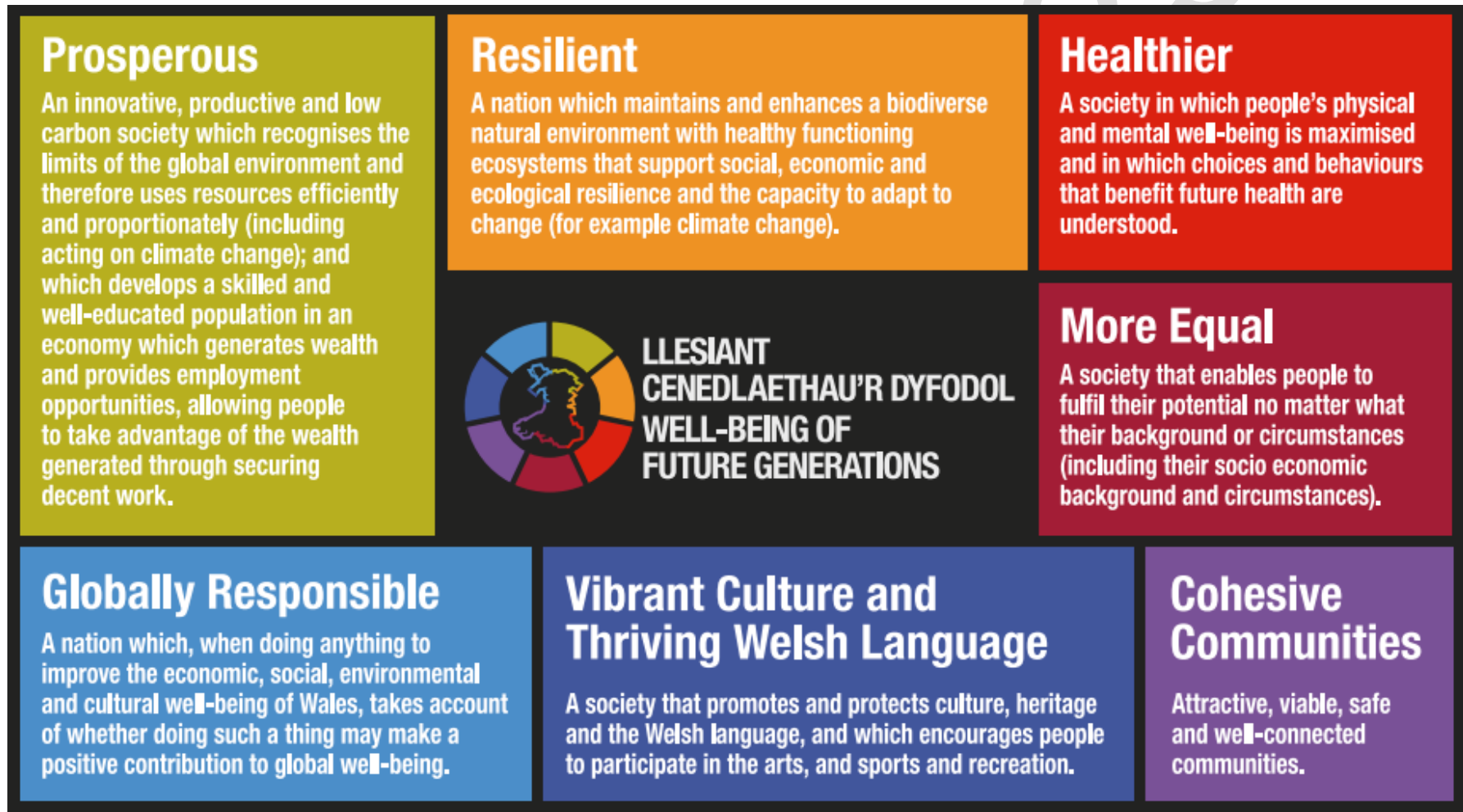


Figure 2: The 7 Well-being Goals from the Well-being of Future Generations Act

The Marmot Principles – Building a Fairer Gwent

Recognising the inequality that exists in our communities, identified in the Well-being Assessment, the Gwent Public Services Board has agreed to become a 'Marmot region' using this collaborative approach to undertake evidence-based action to reduce inequalities in Gwent. The Marmot Principles provide a framework to inform the actions to respond to the challenges faced across Gwent. This will re-focus and accelerate progress towards reducing the root causes of health and related inequalities across Gwent. As part of this, the PSB will use the eight Marmot Principles, alongside the Objectives and Steps, to shape the delivery of this Well-being Plan.

Eight Marmot Principles

1. Give every child the best start in life
2. Enable all children, young people, and adults to maximise their capabilities and have control over their lives
3. Create fair employment and good work for all
4. Ensure a healthy standard of living for all
5. Create and develop healthy and sustainable places and communities
6. Strengthen the role and impact of ill-health prevention
7. Tackle racism, discrimination, and their outcomes
8. Pursue environmental sustainability and health equity together

The Institute of Health Equity is producing a report for the PSB detailing the actions needed to tackle inequity across Gwent. As the delivery plans are developed this report will help to guide our work. The report, Appendix 2, is due to be published in June 2023.



Overarching principles

As a new PSB we have agreed that there are some things that we would all want to sign up to. These aren't Objectives or Steps but they are the things that will make us work more effectively together and make the positive changes we want for Gwent. They are our Overarching Principles, our ways of working, and reflect the five ways of working in the Well-being of Future Generations Act.

Effectively working together

Public Services Boards were established to promote better joined up working and a better understanding of how the different organisations contribute to the well-being of an area. We must make sure that what we do isn't making it more difficult for others to do what they need to. We should be sharing knowledge, expertise, and resources whenever possible and avoid doing the same thing many times over. There will be things that are best done by one or two partners, but where working together is the best option, we will do this. This Well-being Plan is about the things we can do better together, the 'added value'.

Communication and Engagement

While we have been developing the Well-being Assessment and Plan we have tried to engage with people and communities. We know we haven't always been as successful as we would have liked to be, and the Covid-19 restrictions have made it even harder to meet you. As we continue to develop and deliver this plan we want to keep talking with you, to understand your concerns and ideas. We also want to work with our communities, when we can, to create local solutions that contribute to the regional ones.

A full report about the Plan's consultation is available here [hyperlink]. If you'd like to be involved in the future, either just to be kept informed, or to be more involved where possible, please contact: GwentPSB@caerphilly.gov.uk

Welsh language and culture

A Wales of Vibrant Culture and Thriving Welsh Language is one of the goals in the Well-being of Future Generations Act. Each of the seven well-being goals describes an aspect of the Wales we want for the future, and they are all interlinked. The Welsh language forms a part of, and plays a part in all aspects of employment, education, culture, health and social care, community cohesion, the economy and more.

Being able to use the Welsh language is a valuable skill in all parts of life across Wales. It is also a key part of Wales' cultural heritage. Each of the PSB members have a statutory duty to promote the Welsh language, but together we will encourage the increase in the use of Welsh by; using it more with each other, consulting more in Welsh and producing more of our information bilingually, rather than just our main documents.

The PSB organisations are major employers and together we can promote opportunities for our staff and workforce to learn and use the language. Schemes like 'Helo Blod,' can be used by the PSB to promote the Welsh language together as members. The Welsh language is also a central part of the community services such as health, social and primary care. 'More than Just Words' aims to improve the service for social services, health, and social care. The PSB will continue to use media and social media through both languages and look at how else it can encourage the use of the Welsh language in all its activities.

Performance management

We need to know whether what we're doing is making a difference. We have agreed to have a single 'performance management' process, which will show us how well-being is improving. The indicators will be included in the Step Delivery Plans to make sure that we're looking at the right things. The annual reports will include how much progress we've made against these key measures. The PSB will need to take responsibility for ensuring that we're making the progress we've agreed we need to make.

Because the PSB is all about partnership working, we will also need to share the information we each have around issues. Each of our organisations is collecting data all the time, and there's also research and information coming from universities, Government agencies, the Census and a range of other places. All this information will be useful to the PSB, and the individual member organisations and we need to find a way of being able to share that safely and efficiently.

Our Well-being Objectives

Using the evidence in the Well-being Assessment, the PSB has identified two interconnecting objectives (what we want to achieve). These will set the direction for our work for the next five years and beyond.

We want to create a fairer, more equitable and inclusive Gwent for all.

The latest Well-being Assessment showed that although our communities are strong with many people feeling connected to their neighbourhoods and proud of their surroundings, the inequalities that exist in our communities have the potential to impact on all aspects of well-being both at a personal and community level. There are also a range of challenges that could potentially widen these inequalities in the future and impact negatively on well-being. People who live in more deprived communities have fewer years of life that are free from ill health and are more likely to have shorter lives. Children from deprived households get poorer school results; limiting their opportunities and increasing the risk that poverty will be passed from one generation to the next. Some people in our communities are experiencing in-work poverty with the amount of spare money they have after paying their bills making it difficult to afford food, transport, energy and to be digitally connected – especially as costs increase.

Many people still feel unsafe, lonely or alone. Widening economic, health, well-being and other inequalities have affected community cohesion, safety and empowerment. The assessment tells us that home ownership is already unaffordable for many low-income households, and as house prices rise more pressure is put on our social housing stock. Future Gwent will also need more housing stock that meets the needs of an ageing population and changing family structures and is resilient to a changing climate.

The Covid-19 pandemic, the cost of living crisis, the UK's exit from the EU, the war in Ukraine, and the increasing impacts of climate change, make the lives, livelihoods, health, safety and well-being of the people of Gwent even more challenging. If action isn't taken, this will lead to poorer health and well-being because of increased deprivation, substance misuse, mental health problems, civil disorder and crime, and antisocial behaviour. Evidence is already showing this will impact the health and well-being of already disadvantaged people and communities the most, who will need additional focus and support.

We want a climate-ready Gwent, where our environment is valued and protected, benefitting our well-being now and for future generations.

The latest Well-being Assessment showed that Gwent's countryside, coastline, rivers and urban greenspaces are not all in good condition, Many of our plants and animals are in decline. This drop is, in turn, making it more difficult to deal with challenges such as climate change, poverty and inequality. The 'green economy' could provide jobs in the industries of the future such as renewables, energy efficiency and decarbonisation and supporting good health. Many of the unsustainable approaches that are putting pressure on our natural resources are also causing the climate to change. We need Gwent's natural resources to be resilient to the impacts of a changing climate including more extreme weather events. There will also be challenges associated with transitioning to a low carbon future, and we will need to consider the whole energy system – heat, power and transport. Whilst projections of milder winters associated with a changing climate may help to reduce fuel poverty, we know that much of our housing stock has poor thermal efficiency and will be challenging to retrofit.

For us to enjoy the benefits that nature can provide, our natural areas must be healthy and able to withstand threats and disturbance, such as climate change, urban development and pollution. This will require us all to work differently and really understand how we interact with our environment and the impacts we're having.

To do this we need to change our food, energy and transport systems so they work better for nature and for us, reducing climate change and protecting the resources our future generations will rely on. Developing the 'green economy' could provide local jobs in the industries of the future such as renewables, energy efficient housing and decarbonisation. Increasing the supply of locally grown food is better for nature, our health and reduces pollution. If we change how we travel around Gwent we can reduce carbon emissions, benefit local wildlife and our well-being.

Steps

We have identified five steps that will help us to achieve our two well-being objectives. Delivery plans for each step explaining what will be done in the short, medium and longer term, who will do it and by when, will be developed during the first year of the plan using the five ways of working as a framework. These will be published as part of the first annual report. Work may begin on delivering some steps before the delivery plans are completed if it can be, especially if we already have the information we need to take action. The delivery plans will be complemented by local action plans at a county level. These will be written by Local Delivery Groups, which mirror the membership of the PSB but at a more local level.

Take action to reduce the cost of living crisis in the longer term

Although the cost of living crisis began after the Well-being Assessment was completed, we know that it is likely to make the poverty, deprivation and inequity in our communities worse and can increase crime and antisocial behaviour. Voluntary and community groups, councils and others are already providing support to many and will continue to do what they can.

While dealing with the immediate issues we must make sure that what we do now doesn't make things even harder in the future. The right training and skills will enable people to get decent work with pay that helps them to provide for their families. The growth in local renewable energy production and use, could provide better jobs, a cleaner environment and potentially cheaper energy for everyone. The need to make our homes and businesses more energy efficient and better insulated, will offer opportunities for local social enterprises and traditional businesses.

Technological changes will mean that services can be provided differently, as we saw during the pandemic, with services provided virtually or closer to home, offering alternative travel options and reducing pollution. We will need to make sure that any changes in the way people access services is designed around their needs and uses new technology to support those. Local food production will help people be able to eat healthy, more affordable food as well as providing opportunities to share their knowledge, and failures, with others. More local food production also helps to reduce the impact on the environment and is less prone to supply disruption.

Links to the other steps



Homes



Environment



Health



Communities

Contribution to the national Well-being Goals

Prosperous	Resilient	Healthier	Equal	Cohesive	Culture & Language	Global

Provide and enable the supply of good quality, affordable, appropriate homes

Having a home is central to a person's well-being. It means they can get a job, an education, the help and support they may need and allows them to feel part of a community or neighbourhood. Homes can be owned by the person living in them, rented from the council, a housing association, or a private landlord. How many homes are rented or owned is different across the region, as are the costs of buying or renting a home. The Well-being Assessment showed that the average house price in Monmouthshire is around three times that in Blaenau Gwent. Being able to afford to pay the rent or mortgage is only part of the story.

The cost of living in that home has also been increasing and many homes could be much more energy efficient, tackling both climate change and fuel poverty. As Wales moves towards being carbon neutral the need to make homes more energy efficient and better insulated is becoming more important. Insulating homes should help people to stay healthier for longer, help to reduce energy use and therefore costs, provide good quality local jobs as well as helping to protect the natural environment around the world.

Homes need to be in the right place to support individuals and the community, with access to local shops, workplaces, schools, health care, cultural and leisure activities, and transport. We know that as the climate changes there are likely to be more floods, storms, heatwaves and other weather events and homes need to be able to cope with those. Communities are changing, with more blended families, older people and people living alone, so housing needs to be adaptable and suitable for those changes.

The consultation showed that having good quality, affordable housing was an important issue for our communities. How housing is provided is very different across the region. The PSB wants to work together to improve the quality of homes in Gwent, but it will take some time to identify work we can do together because of the different rules and funding available to the different organisations.

Links to other steps



Cost of living



Environment



Health



Communities

Contribution to the national Well-being Goals

Prosperous	Resilient	Healthier	Equal	Cohesive	Culture & Language	Global

Taking action to reduce our carbon emissions, help Gwent adapt to climate change, and protect and restore our natural environment

Protecting the environment for future generations is one of the greatest challenges of our time. The land, air, water, trees, plants, animals, and insects provide us with everything we need to live. However, our need for new homes and workplaces, renewable energy, recreation, and food production are putting nature under pressure. Without a healthy environment across Gwent there can be no well-being benefits for our communities.

The effects of climate change are being felt in our communities through flooding and heat waves. The Welsh public sector is committed to become carbon neutral by 2030. We must reduce Gwent's carbon emissions by increasing our use of renewable and sustainable energy sources, increasing availability of local food, reducing waste, and changing how we travel around Gwent. We want to support our communities to adapt to the impacts of climate change, recognising that some communities are more exposed to floods, heatwaves, air pollution and other climate risks to health.

We need to better manage the demands on Gwent's natural environment and protect, connect and restore nature. We'll support community green/blue space initiatives which bring communities together, especially in areas of Gwent which have least access to local, quality outdoor spaces for health and well-being. Whilst focusing on the immediate needs across Gwent, we'll also ensure our decisions consider future trends, and don't make things even harder for future generations.

Links to other steps



Cost of living



Health



Homes



Communities

Contribution to the national Well-being Goals

Prosperous	Resilient	Healthier	Equal	Cohesive	Culture & Language	Global

Take action to address inequities, particularly in relation to health, through the framework of the Marmot Principles

People’s health and well-being is affected by many things, clean air, water, and food, being able to get decent work, a suitable home, having local shops, access to culture and leisure activities, a quality education, good transport and social networks as well as health information and care. Where someone lives and how much money they have impacts on their health and happiness, it can lead to poorer health and less opportunity to thrive in life.

The Gwent PSB has agreed to use the framework of the eight Marmot Principles, developed by Prof. Sir Michael Marmot and his team at the Institute of Health Equity, which focus on the central issues that affect fairness, health and well-being. This approach will help to identify how to address the root causes of poor health and inequity across Gwent. The Institute of Health Equity is writing a report, using the evidence from the Well-being Assessment, the consultation responses, and their experience of working in other areas across the UK, to make recommendations for how the Gwent PSB and other regional partnerships, can take action to reduce inequities across Gwent. This report will form the basis of the action plan for this step.

Links to other steps



Cost of living



Environment



Homes



Communities

Contribution to the national Well-being Goals

Prosperous	Resilient	Healthier	Equal	Cohesive	Culture & Language	Global

Enable and support people, neighbourhoods, and communities to be resilient, connected, thriving and safe

During the Covid-19 pandemic, communities across Gwent pulled together to support each other in times of need. But the cost of living crisis and the war in Ukraine have made existing inequities and poverty worse, with crime and antisocial behaviour increasing as people find life harder. We also know that there are some people, or communities, living in the region that don't feel as welcome, safe, or supported as they should. This could be because they are old, sick, at risk from flooding, domestic violence, drug misuse or racism. Many of these issues have been there for decades, with poor housing, health, and jobs, making it harder for people to improve their well-being.

Thriving communities need safe, affordable, suitable homes, access to sports, leisure, and cultural activities, with opportunities to get involved through paid work or volunteering, and in the language of their choice. There are historical buildings and areas across Gwent that could be used as community resources for local arts programmes and other activities, providing an opportunity to promote and share knowledge about the local heritage, history, and culture.

Communities need decent, reliable transport that enables people to access services, get to decent work, attend events, or visit family and friends, safely, cheaply and in a low carbon way. The beautiful countryside provides the space for exercise and recreation for people of all ages, benefiting their physical and mental health and providing opportunities to reduce the effects of extreme weather events, caused by a changing climate.

Links to other steps



Cost of living



Environment



Health



Homes

Contribution to the national Well-being Goals

Prosperous	Resilient	Healthier	Equal	Cohesive	Culture & Language	Global

What happens next?

During the first year of this Plan we will be preparing detailed delivery plans at a regional and local level. Working with our Local Delivery Groups, other partnerships, communities, Community Councils, voluntary groups, and others, we will get a better understanding of what needs to be done and how best to do it. These delivery plans will form the basis of the first annual report, along with updates. There may be things we can do in the short term, such as finding out more about how something similar has been done before or declaring a nature emergency or promoting fair pay within our organisations. But we must make sure that these support our long-term objectives and the steps we have identified.

How the Marmot Principles link to the steps

	Cost of living	Housing	Environment	Health equity	Community
Give every child the best start in life	✓	✓	✓	✓	✓
Enable all children, young people, and adults to maximise their capabilities and have control over their lives	✓			✓	✓
Create fair employment and good work for all	✓	✓	✓	✓	✓
Ensure a healthy standard of living for all	✓	✓	✓	✓	
Create and develop healthy and sustainable places and communities	✓	✓	✓	✓	✓
Strengthen the role and impact of ill-health prevention	✓	✓		✓	✓
Tackle racism, discrimination, and their outcomes					✓
Pursue environmental sustainability and health equity together	✓	✓	✓		

Connections with other Partnerships and Plans

Across the Gwent region, and beyond, there are a number of other partnerships and initiatives which will make a difference to people and rather than repeat what these groups are doing, the Gwent PSB will look to work with them to deliver its objectives for Gwent.

Local Delivery Groups

In each of the local authority areas which make up the Gwent region, Local Delivery Groups (LDGs) have been set up to deliver the PSB's objectives at the local level. Their membership is similar to that of the PSB, with additional local representation. Activity to deliver the objectives may look different in different areas and the LDGs will be able to better connect with and draw on local expertise and groups to provide a local flavour. In time these groups may want to deliver their own action plans creating a link between local and regional priorities and action.

Regional Partnership Board (RPB)

The Gwent RPB brings together the health board, local authorities and the voluntary sector to ensure effective services, and care and support is in place to best meet the needs of the people of Gwent. The priority areas they need to work on are services for: older people with complex needs and long-term conditions, including dementia; people with learning disabilities; carers, including young carers; Integrated Family Support Services; children with complex needs due to disability or illness. The RPB must write a Population Needs Assessment and an Area Plan. These complement the Well-being Assessment and this Well-being Plan. The PSB will support the work of the RPB, and they will support our work, but we will make sure that we're not duplicating each other's work.

Building a Fairer Gwent – a Marmot Region

A Marmot Region is a network of local stakeholders committed to tackling inequity through action on the social determinants of health – the social and economic conditions which shape our health with action framed within eight principles. Becoming a Marmot Region demonstrates that we want to work together at a senior level to improve equity across Gwent, and improve the lives of all our communities.

Community Safety Partnership

To come

Cardiff Capital Region

The Cardiff Capital Region (CCR) is a collaborative partnership comprising the ten Local Authorities that make up South East Wales and represents almost half the population of Wales. The CCR delivers a wide range of regeneration and investment projects, managed by a dedicated team and a ring-fenced £1.2bn investment fund, through the Cardiff Capital Region City Deal, which aims to deliver 25,000 new jobs and generate an additional £4bn of private sector investment by 2036. The CCR's high-profile projects include: the £50m Innovation Investment

Capital fund, supporting business to scale up; the £50m Sites and Premises Fund, developing new sites to support the delivery of their Industrial and Economic Plan; the £10m Challenge Fund, supporting Local Authority innovation to accelerate decarbonisation and transform communities; the Homes for the Region programme to deliver 2,800 new homes; and several Metro projects transforming public transport infrastructure across the region.

Strategic Corporate Plans

These are the plans each of the organisations that make up the PSB have for what they are going to do over the next 3 – 5 years. These have different names in different organisations but they all set the high level direction for that organisation including their own Well-being Objectives which need to align to those of the PSB.

Area Statements

The South East Wales Area Statement (SEAS) informs internal and external planning across Gwent and helps stakeholders (including the PSB) consider different ways of working together.

The Area Statement process helps explore and shape aspirational ways of working. It has 4 themes: Linking Our Landscapes, Climate Ready Gwent, Healthy Active Connected and Ways of Working. The collaborative actions identified under each theme are underpinned by best available evidence, local knowledge and understanding gathered throughout the development of the SEAS. The outcomes under each of the four strategic themes will deliver the Area Statement vision for South East. This vision has been developed collaboratively over the course of the Area Statement process and is underpinned by what specialists and wider stakeholders want to see in Gwent.

Participatory budgeting

To come

Third Sector Partnership Agreement

To come

Appendices

Appendix 1 Consultation and engagement – chapter

Appendix 2 Marmot Report

Appendix 3 RPB Area Plan

Appendix 4 PSBs in Gwent's Well-being Objectives 2018 – 2023

WFPB 16.02.23

Appendix 4

PSBs in Gwent's Well-being Objectives 2018 – 2023

Blaenau Gwent PSB	Caerphilly PSB	Newport PSB	Monmouthshire PSB	Torfaen PSB
Blaenau Gwent wants to forge new pathways to prosperity	Positive Change -a shared commitment to improving the way we work together	People feel part of their community and have a sense of belonging	Respond to the challenges associated with demographic change.	Develop a functional, connected network of natural areas that support the current and future well-being needs of local populations
Blaenau Gwent wants everyone to have the best start to life.	Positive Start- giving our future generations the best start in life	Provide children and young people with the best possible start in life	Provide Children and young people with the best start in life.	Provide children and young people with the best possible start in life.
Blaenau Gwent wants safe and friendly communities.	Positive People-empowering and enabling all our residents to achieve their own potential.	Ensuring people feel safe in their communities.		Create safe, confident communities and promote community cohesion
Blaenau Gwent wants to encourage and enable people to make healthy lifestyle choices in places that they live, learn, work and play.	Positive Places-enabling our communities to be resilient and sustainable	Long and healthy lives for all		Support healthy lifestyles and enable people to age well.
Blaenau Gwent wants to look after and protect its natural environment.		Newport has a clean and safe environment for people to use and enjoy.	Protect and enhance resilience of our natural environment whilst mitigating and adapting to the impact of climate change.	Develop mitigation and adaptation responses to the impacts of climate change
		Improve the perceptions of Newport		Tackle the intergenerational patterns

		as a place to live, work, visit and invest		of poverty and develop economic resilience.
		Drive up skill levels for economic and social well-being.	Develop opportunities for communities and businesses to be part of an economically thriving and well-connected county.	Improve local skills through work-force planning, training, apprenticeships, and volunteering opportunities.
		People feel part of their community and have a sense of belonging		
		Participation in arts, heritage and history is important for people's well-being		
		Improve air quality across the city		
		Communities are resilient to climate change		
		Participation in sports and physical activity is important for people's well-being		
		People have access to stable homes in a sustainable supportive community		

One Newport Partnership

21 February 2023

Newport Local Action Plan Development

Purpose

To update One Newport on the development of the Newport Local Action Plan, consider the action plan priorities and seek approval for moving to the next stage in the drafting of the Plan.

Background

One Newport's Local Action Plan will be the work programme of One Newport following completion of the One Newport Well-being Plan 2018-23 in April 2023. Its purpose will be two-fold: strategic joint action for Newport outside of the Gwent Well-being and delivery of local actions within it.

- a) Local Action Plans (LAPs) developed by the five local partnerships that support the Gwent PSB, including One Newport, will provide clarity on the local actions required to support the Well-being Objectives agreed by the Gwent PSB for the regional Well-being Plan (this fulfils [Part 1 of One Newport's Terms of Reference](#)). The regional Well-being Plan is expected to be signed off by the Gwent PSB in April 2023, subject to prior approval of the plan by the PSB's statutory members. The Gwent Well-being Objectives and Steps are:

Well-being Objectives

- We want to create a fairer, more equitable and inclusive Gwent for all
- We want a climate-ready Gwent, where our environment is valued and protected, benefitting our well-being now and for future generations.

Steps

- Take action to reduce the cost of living crisis in the longer term
 - Provide and enable the supply of good quality, affordable, appropriate homes
 - Taking action to reduce our carbon emissions, help Gwent adapt to climate change, and protect and restore our natural environment
 - Take action to address inequities, particularly in relation to health, through the framework of the Marmot Principles
 - Enable and support people, neighbourhoods, and communities to be resilient, connected, thriving and safe
- b) One Newport Partnership's LAP will also include activity in Newport that the Board considers would benefit from a strong partnership approach outside of the Well-being Plan. This is line with Part 2 of the [One Newport Partnership's Terms of Reference](#).

It was agreed by One Newport to develop the LAP for Newport in partnership with stakeholders from across the wider One Newport partnership network. This is to support local engagement and focus attention on identifying areas where partnership working will provide the most effective means to dealing with specific issues.

Work to Date

Two Stakeholder workshops were held on 24th November and 2nd December to discuss actions which could support the Gwent Well-being Plan in a way that addresses the Newport context and local conditions and needs, or that would be valuable to Newport outside of the Gwent Well-being Plan. The feedback from these workshops was collated together and presented to the One Newport Board on 14th December 2022. At that meeting the Board agreed to establish a working group made up of partner representatives to begin the development of the plan. This working group met on December 21st to discuss the structure and possible content of the Plan.

A first draft of the structure and proposed priorities for action is attached at Appendix A. Following feedback from members, adjustments will be made and context included to support understanding of the actions. A draft consultation version of the plan will be submitted to the Board in March for consideration.

Proposed next steps and timeline

23rd February – Strategy and Performance Board to further consider the draft at Appendix A and feed back to the working group

29th March – One Newport agrees consultation draft of Newport Local Action Plan

April – mid-May – 6-week public consultation

27th April – Gwent PSB sign off Gwent Well-being Plan

14th June – One Newport sign off final Local Action Plan

It is proposed to undertake a Fairness and Equalities Impact Assessment of the draft plan.

Recommendations

The Board is asked to:

- I. Consider the proposed structure and priorities of the Newport Local Action Plan and approve or make changes
- II. Empower the working group to create the Consultation Draft Local Action Plan for consideration by the One Newport Board at its March meeting

Well-being of Future Generations (Wales) Act 2015

This process directly impacts on our delivery of the WFG Act as it supports the delivery of the Well-being Objectives for the 2023-28 plan.

Equalities and Welsh Language

All actions in the Local Action Plan will be assessed to make sure that they are in line with the Equality Act 2010. All of the documentation relating to the development of the Plan (assessments, the Plan itself, consultation content) has been presented in Welsh as well as English.

Communication

A public consultation is proposed for the Local Action Plan backed up by a communications plan. The finalised Plan will be published on the One Newport website. Promotion of the published plan will be supported by social media campaigns.

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APPENDIX A: Draft Local Action Plan priority areas

NOTE: Colour coding indicates how actions link to Well-being Objectives or work outside of Gwent Well-being Plan

- Gwent PSB Well-being Objective: We want to create a fairer, more equitable and inclusive Gwent for all
- Gwent PSB Well-being Objective: We want a climate-ready Gwent, where our environment is valued and protected, benefitting our well-being now and for future generations.
- Work in Newport outside of the Gwent Plan benefiting from a strong partnership approach (Part 2 of One Newport's Terms of Reference)

Ambition (TBC)		
<p>Economy and Culture</p> <ul style="list-style-type: none"> • Develop community wealth building projects to retain spend within the local economy • Ensure opportunities are available and promoted for people at all stages of their lives to develop and enhance their education and skills • Lead Newport to become a Living Wage City helping people out of poverty • Support revitalisation of the city centre benefiting families, businesses and visitors through delivery of a City Centre Masterplan • Support delivery of a strategy celebrating Newport's culture, diversity and heritage, and promoting participation for wellbeing • Promote participation in sport and physical activity through delivery of a Sports Strategy for health and social benefits • Enable and promote a diverse events programme that brings communities together and raises the city's profile, generating social and economic benefits • Collaborate with and provide direction to the Business in The Community placemaking project 	<p>Communities</p> <ul style="list-style-type: none"> • Increase volunteering opportunities and empower residents to make their communities stronger and more resilient • Develop an integrated approach to tackling poverty and inequality • Promote and support Newport's Integrated Wellbeing Networks (Well-being Collaboratives) in connecting and enhancing community assets • Tackle and prevent homelessness through collaborative strategies and plans • Deliver the Pill Masterplan to enhance the physical, community and economic environment. Use this learning in other communities. • Promote sustainable and affordable food provision, focused on local suppliers • Support the work of Safer Newport to promote a more inclusive and cohesive city 	<p>Environment</p> <ul style="list-style-type: none"> • Protect and enhance our green spaces and waterways for nature and people • Promote Active Travel as the preferred mode of transport in the City • Tackle the climate and nature emergency, through climate action and protecting and enhancing biodiversity • Deliver climate change mitigation through our built environment: <ul style="list-style-type: none"> ○ Public Sector Estate ○ Housing ○ Green Infrastructure • Develop strategies to address flood risk • Promote the Circular Economy as a method of minimising the impacts of production

Enabling Principles and Strategies

Principles

- Better data sharing between organisations
- More integrated communications between organisations
- Better engagement with local people and groups
 - Co-production
 - Placemaking Charter
 - Participatory Budgeting
- Empowering community groups
 - Information from related projects
 - Support with funding
 - Mapping of community assets by type and area
- Equity approach – targeting resources at areas that need them most
- Embed responsibilities under the Equality Act (2010), including the Socio-economic Duty and The Welsh Language (Wales) Measure (2011)

Strategies

- Gwent Well-being Plan 2023-28
- NCC Climate Change Plan
- Homelessness Strategy
- Local Area Energy Plan
- Rapid Re-housing Strategy
- NCC Corporate Plan

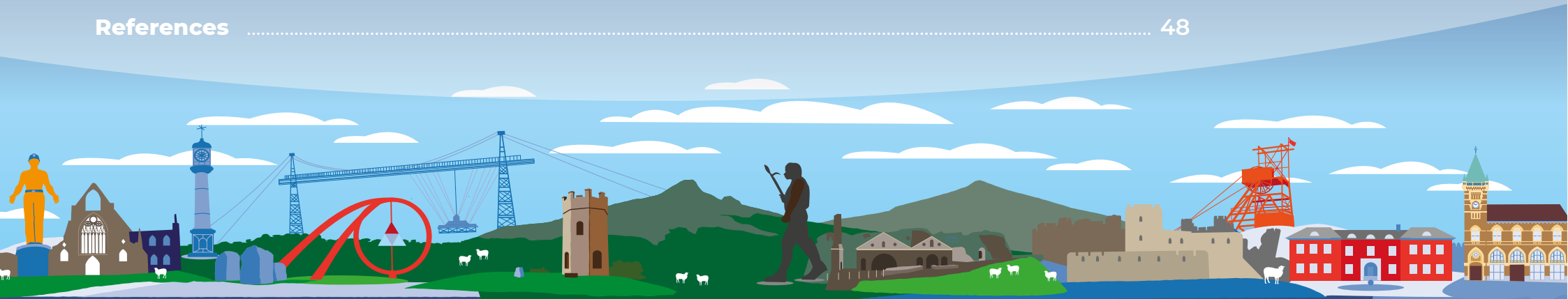
Building a Fairer Gwent: Why Gwent is a Marmot region

#BAFG



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Foreword

I'm very pleased to publish my new report. Why Gwent is a Marmot Region. When I published my last report in 2019 Building a Healthier Gwent, I set out an ambition that by 2030 it would be easier for people in all our communities to live their lives in good health. Unfortunately, the events of the last three years have made it harder, not easier. A combination of the pandemic, followed by the cost-of-living crisis, means that many of the things that people need to help them live their lives in good health have got harder.

But this report is about what can be done. It is about what is possible if we all work together. The report adopts the principles first articulated by Professor Sir Michael Marmot, starting with the people at the point that they are born and how we can support them throughout their lives in order to help them to live long, healthy lives. Doing the things in this report and working together, we can build a fairer Gwent.



Dr Sarah Aitken,
Director of Public Health & Strategic Partnerships,
Aneurin Bevan University Health Board

A handwritten signature in black ink, appearing to read 'Sarah Aitken'.

The Building a Healthier Gwent 2019 Ambition

In 2030 the places where we live, work, learn and play make it easier for people in our communities to live healthy, fulfilled lives.

Acknowledgements

**My thanks go to all those who have contributed to the production of this report.
In particular, I would like to thank:**

Editorial Team:

Tracey Deacon · Dr Arif Mahmood · Richard Lewis · Stuart Bourne · Anna Pennington
Scott Wilson-Evans · Anna Morgan · James Adamson.

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Jo Foley · Will Beer · Sarah Davies · Shelley Williams · Ruth Evans · Susan Carmichael
Matthew Lane · Jonny Currie · Kathryn Cross · Emma Davies-McIntosh.

Aneurin Bevan Gwent Public Health Team

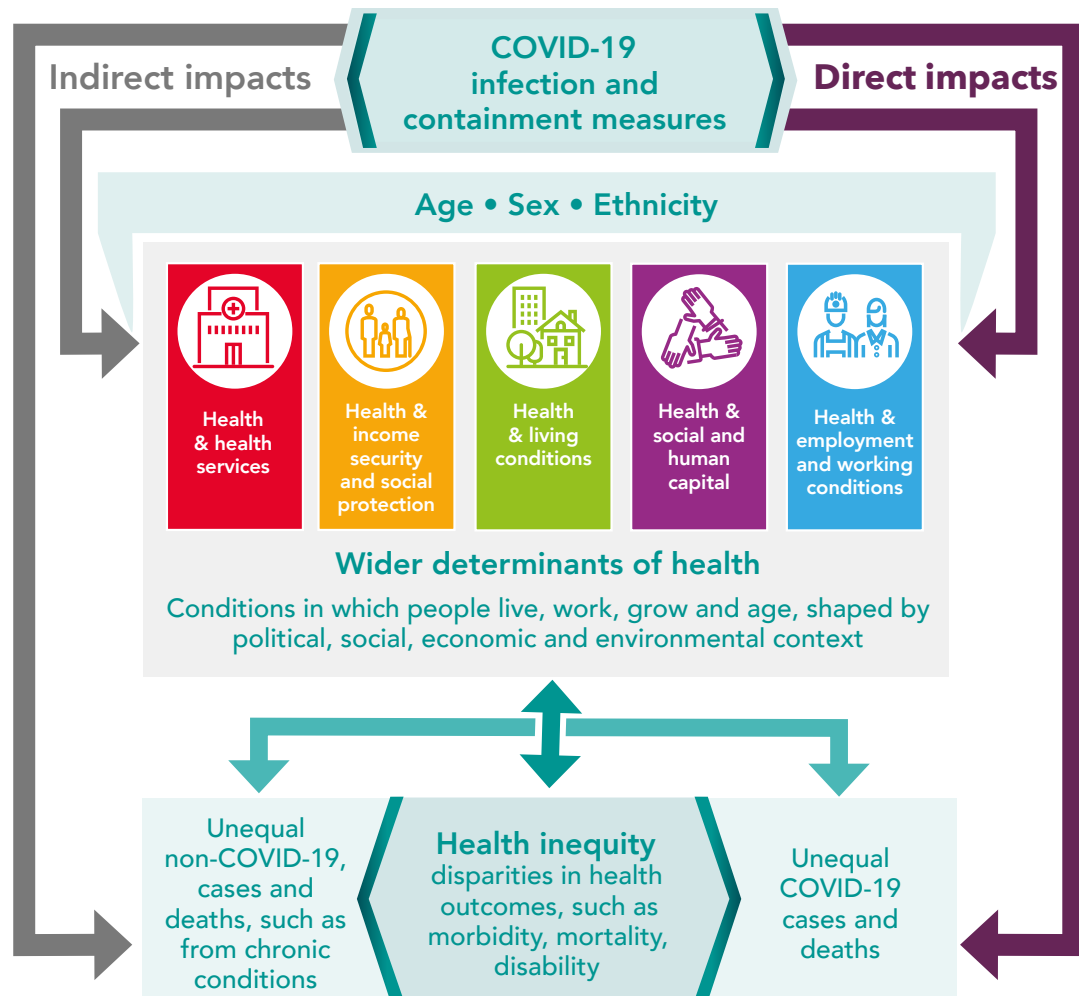


Chapter 1: The Challenge

Three years after the publication of 'Building a Healthier Gwent'¹, the data tells us that it is getting harder not easier for people in communities across Gwent to live healthy, fulfilled lives. Inequities have been amplified by the direct and indirect harms of COVID-19 and the cost of living crisis^{2,3}.

The COVID-19 pandemic has been described as a 'syndemic' pandemic, interacting with and exacerbating existing inequities in chronic diseases, as well as inequities in the conditions in which people live, work, grow and age⁴. Risk factors interact and multiple aspects of disadvantage come together, meaning the risks are cumulative and increase with each additional risk factor. The long-term direct and indirect impact on health and other inequities will take several years to become fully apparent.

Figure 1: COVID-19 syndemic direct and indirect impact on health inequities



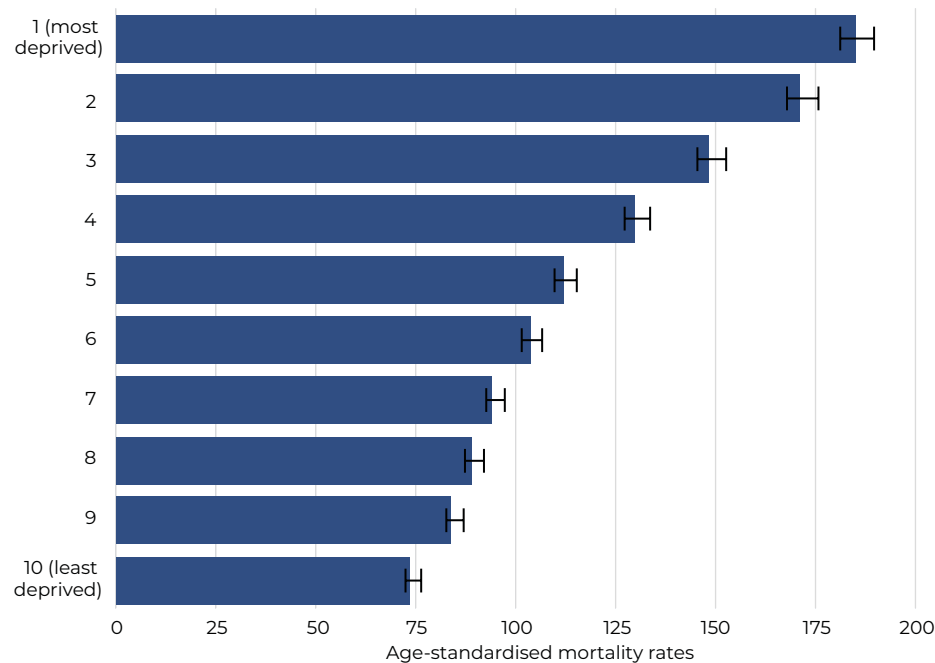
Source: Public Health Wales⁵

Mortality from COVID-19 has been higher in more deprived areas, accounting for 15% of the gap in life expectancy between the most and least deprived fifths of the population during the two year pandemic period 2020 to 2021⁶. Figures 2 and 3 show the different rates of mortality from COVID-19 between socioeconomic groups in 2021 in both England and Wales.

The most deprived areas of England had the highest age-standardised mortality rate for COVID-19 deaths in 2021 (185.0 deaths per 100,000 people) which was two and a half times higher than in the least deprived areas (74.0 deaths per 100,000 people). There was a statistically significant increase in mortality with each decile of deprivation.

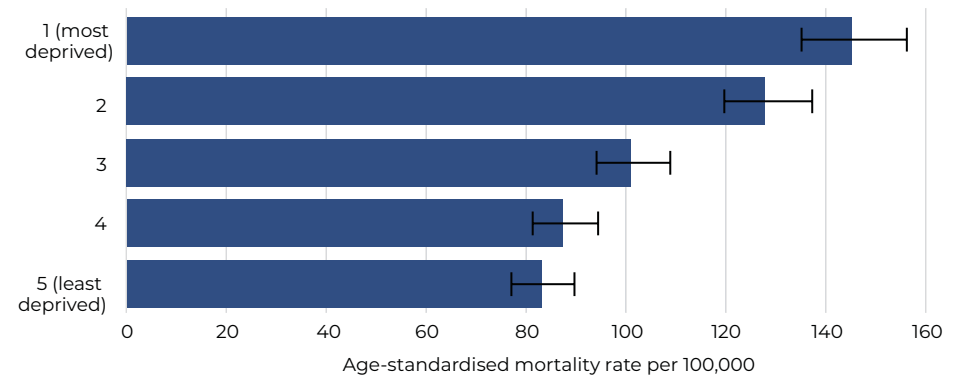
Similarly, in Wales, the age-standardised mortality rate for deaths due to COVID-19 was highest in the most deprived areas, at 146.1 deaths per 100,000 people (quintile 1), significantly higher than the 83.9 deaths per 100,000 people in the least deprived areas (quintile 5).

Figure 2: Age-standardised mortality rates for deaths due to COVID-19 by Index of Multiple Deprivation decile, deaths registered in 2021, England



Source: Office for National Statistics⁷

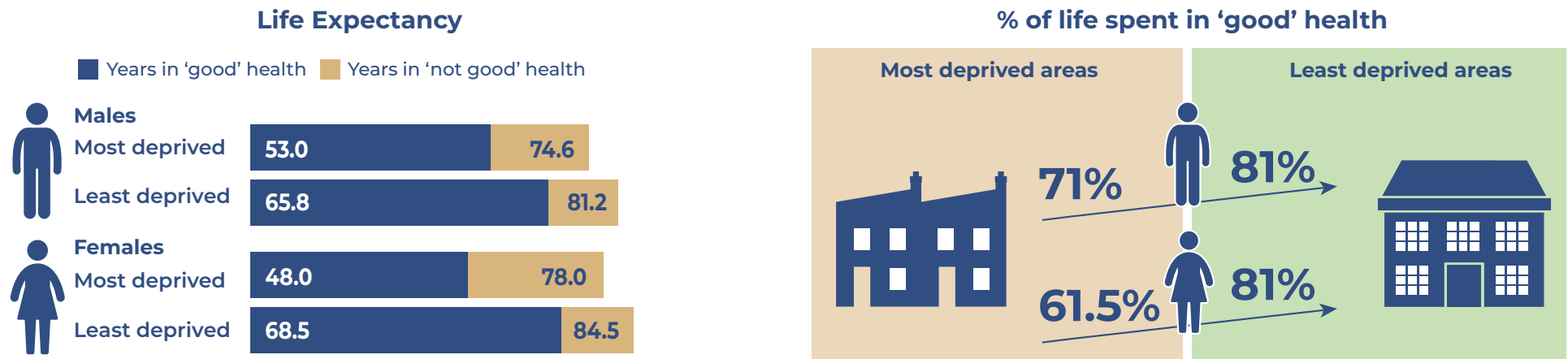
Figure 3: Age standardised mortality rates for deaths due to COVID-19 by Index of Multiple Deprivation quintile, deaths registered in 2021, Wales



Source: Office for National Statistics⁷

The socioeconomic gap in healthy life expectancy has remained largely unchanged at 13 years for men, but has widened to 20 years for women over the period 2011-13 to 2018-20. This means that on average, a man living in the most deprived communities in Gwent today lives just 53 years of life in good health and a woman lives just 48 years of life in good health (see Figure 4)⁸.

Figure 4: Life expectancy and healthy life expectancy at birth in the most and least deprived areas of Gwent 2018-20



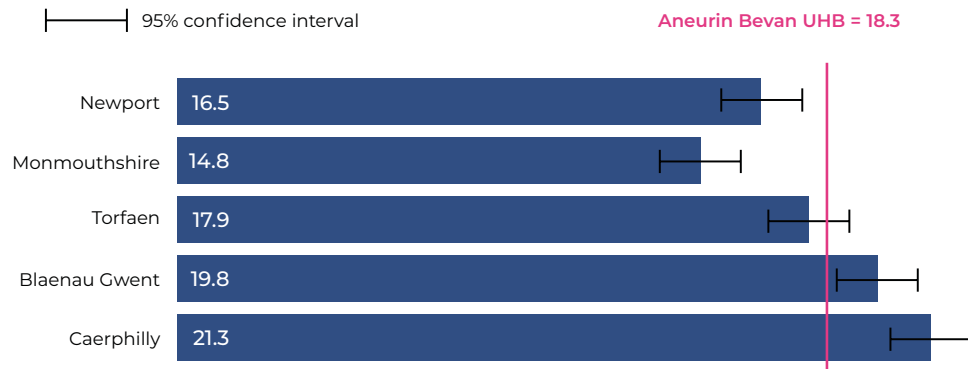
Source: Public Health Wales¹



Childhood overweight and obesity has both immediate and long-term consequences. Data for 2020/21 demonstrates a significant rise in the average rate of obesity among 4-5 year-old children in the Gwent region, up from 11.8% in 2018/19 to 18.3% in 2020/21. This 6.5 percentage point increase means that, in 2020/21, an estimated 1,097 4-5 year-olds in Gwent started school already obese⁹.

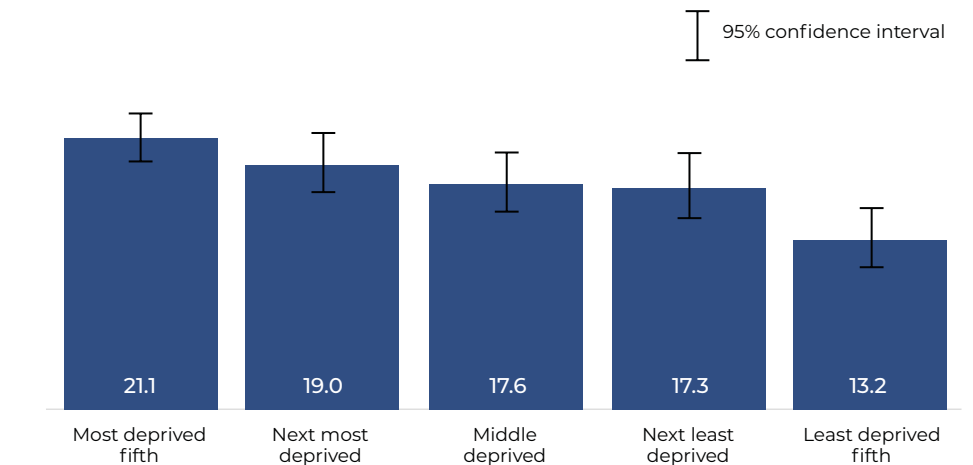
There is wide variation in the rate of childhood obesity at local authority level in Gwent (Figure 5). When the figures are analysed by socioeconomic status, there is an almost eight percentage point difference in child obesity rates between the most and least deprived population quintiles in Gwent (Figure 6).

Figure 5: Percentage of children aged 4 to 5 years with obesity, Gwent local authorities, 2020/21



Source: Public Health Wales⁹

Figure 6: Percentage of children aged 4 to 5 with obesity, deprivation fifths, Aneurin Bevan University Health Board, Child Measurement Programme, 2020-21

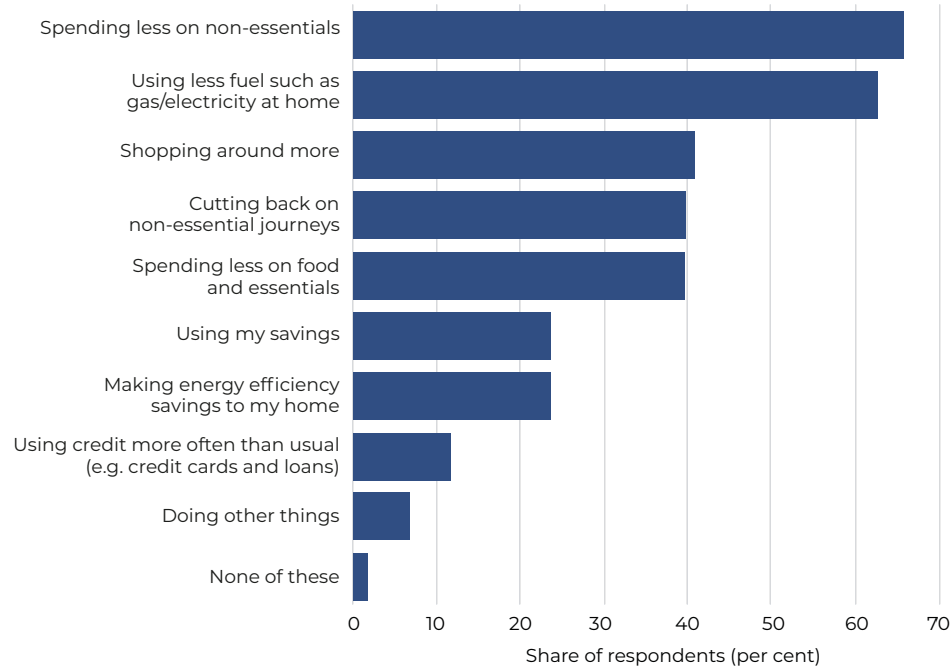


Source: Public Health Wales⁹

Sharp cost of living increases are being experienced directly by people across Gwent. Since 1st April 2022 consumers have experienced a 54% increase in the energy price cap for gas and electricity¹⁰. People are struggling to cope and are approaching Citizens Advice in crisis in larger numbers than in any of the past three years¹¹.

As prices rise, people are making difficult choices on what to cut back on. Almost 50% of households responding to a recent ONS survey (Figure 7) reported they are using less fuel at home and spending less on food. Over the next few months and potentially years, the impact of higher prices is likely to be felt more acutely by those on lower incomes, because items such as food and energy make up a higher proportion of their spending¹².

Figure 7: Cost of living increases and effect on consumer spending



Source: Office for National Statistics¹²

Three years on from the publication of 'Building a Healthier Gwent' it is even more important that public, private and voluntary sectors work together with communities across Gwent to address the social determinants of health to achieve the ambition of making it easier for people in all our communities to live healthy, fulfilled lives.



Chapter 2: The Marmot Principles



“Why treat people and send them back to the conditions that made them sick?”

is the opening line (and question) of ‘The Health Gap’¹ by Professor Sir Michael Marmot, Professor of Epidemiology and Public Health at University College London. Professor Marmot has over 40 years of experience in leading research on health equity and is the Director of the University College London Institute of Health Equity.

In 2010, Professor Marmot first proposed a set of guiding principles as the framework for action to reduce inequity². He has continued to advocate for these guiding principles in his subsequent review of inequity in England 10 years on³ and of COVID-19 and health equity⁴.

The Marmot principles are informed by the **social determinants of health**; the ‘causes of the causes’ of ill health². In other words, the building blocks we need in place for everybody to be able to live healthy, fulfilled, dignified lives: warm homes, healthy food, fair work, good education and skills, secure income, transport, pleasant surroundings and supportive family, friends and communities.

Professor Marmot has introduced the concept of **proportionate universalism** where, “to reduce the steepness of the social gradient in health, actions must be universal, but with a scale and intensity that is proportionate to the level of disadvantage”². Taking this approach in delivering services across the life course will help to reduce inequity between our communities.

Figure 8: The Marmot principles

- Give every child the best start in life
- Enable all children, young people and adults to maximise their capabilities and have control over their lives
- Create fair employment and good work for all
- Ensure a healthy standard of living for all
- Create and develop healthy and sustainable places and communities
- Strengthen the role and impact of ill-health prevention
- Tackle racism, discrimination and their outcomes
- Pursue environmental sustainability and health equity together

Concerned by widening inequity, a growing number of cities and regions in England are working with the Institute of Health Equity as Marmot communities to develop local programmes of work to take action to improve health equity. There is much to learn from the practical experience of these areas which currently include: Coventry⁵, Greater Manchester⁶, Luton, Waltham Forest, Cheshire and Merseyside⁷, Lancashire and Cumbria⁸, Leeds, Tendring⁹, and North of Tyne.

Professor Marmot talks about the opportunity for reducing inequity in Wales through the legislative framework of the Well-being of Future Generations (Wales) Act 2015¹⁰. The establishment of the Gwent Public Services Board (Gwent PSB) through the architecture of the Act, provides an opportunity unique to Wales to address inequity by bringing together public services – the NHS, councils, fire, police, housing, education, environment and voluntary organisations¹¹.

In March 2022, the Gwent PSB became the first area in Wales to commit to become a Marmot region, signalling its strategic intent to work with the Institute of Health Equity to address inequity between communities across Gwent¹³. This includes adopting the Marmot principles as the framework for collective action. The approach will be developed and delivered through the five-year Gwent Well-being Plan 2023-28, building on Gwent’s assets of a diverse economy, rich culture and heritage, iconic natural environment and strong communities¹¹.

Figure 9: Well-being of Future Generations Act’s 7 Well-being Goals and 5 Ways of Working



Source: Welsh Government¹²

Translating the strategic intent into action on the ground in communities will require system transformation, not just minor adjustments. Doing more of the same will see the level of inequity continue to widen.

The Health Foundation has recently published a framework which seeks to frame and provide examples of practical action at individual and population level to address the social factors that shape health¹⁴, through actions delivered in partnership as well as by the NHS alone.

Figure 10: A framework for NHS action of the social determinants of health

	Individual level	Population level
Within the NHS	<p>Adapt NHS care to account for patients' social needs</p> <p>E.g. use data on patients' housing conditions to inform treatment and medication decisions</p>	<p>Use NHS resources to improve social conditions in the community</p> <p>E.g. widen access to high quality employment in the NHS for more deprived groups</p>
NHS in partnership	<p>Connect patients with resources to address social needs</p> <p>E.g. link patients to food banks or advice about benefits if they are experiencing food insecurity</p>	<p>Align local resources to improve population health</p> <p>E.g. joint planning between the NHS and local partners to identify and respond to local needs</p>
<p>Implementation depends on a mix of system-level changes, such as data collection on social needs, community involvement, staff capacity and training</p>		

Source: The Health Foundation¹⁴



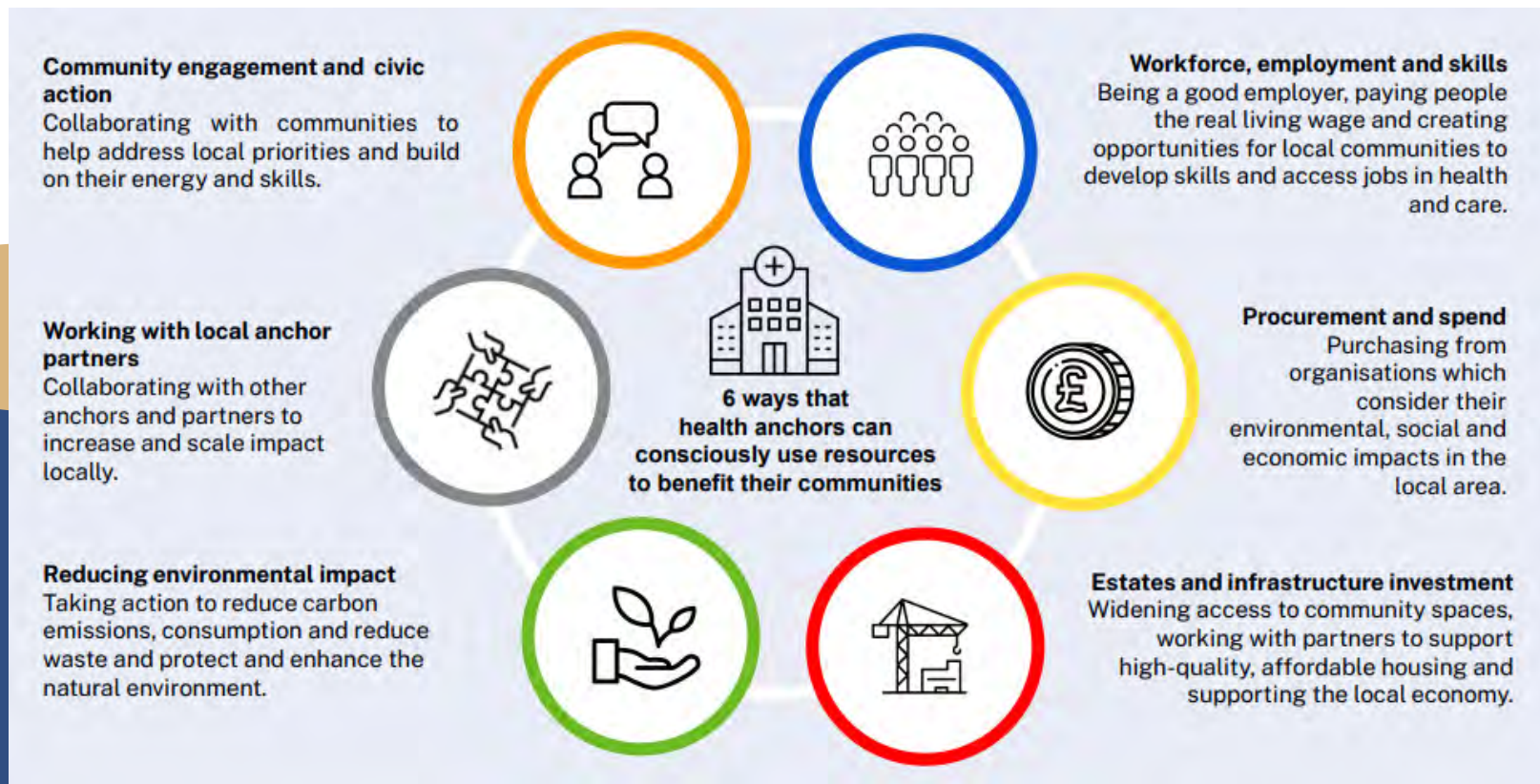
First is more systematic understanding and adjustments to the way care and services are provided, to account for an individual's social needs to reduce the barriers to accessing high quality care and services that vulnerable groups often face. Shared decision making is one practical approach that can help elicit and incorporate social needs into clinical practice and service delivery.

Second is addressing social needs by connecting people with support in the community, for example, by helping those experiencing food insecurity to connect with food banks or signposting to advice about benefits. The impact on social needs is linked to the availability of resources in the community, which can be increased by organisations acting collectively in partnership to avoid duplication and fill gaps.

Third is using resources to improve social conditions in the community, which is the concept of an anchor institution. The Health Anchors Learning Network has identified six ways anchor institutions can benefit their local communities. The member organisations of the Gwent PSB have a unique opportunity to act collectively to realise those benefits at a greater scale than any one organisation could achieve acting alone.

Fourth is improving collaboration between the NHS, local government and other sectors to improve social conditions for the local population. The member organisations of the Gwent PSB have a unique opportunity to translate their commitment to becoming a Marmot region into real system transformation on the ground in communities.

Figure 11: The six ways that health anchors can benefit communities



Source: Health Anchors Learning Network¹⁵

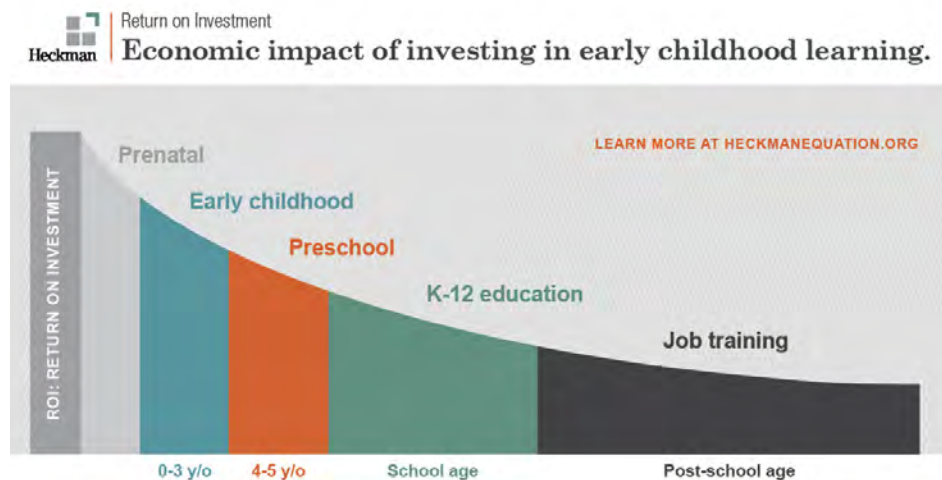
Chapter 3: Give every child the best start in life

Why is this important?

The first, and most important, Marmot principle is to give every child the best start in life. To reduce inequity across the life course we need to start from preconception. The foundations for virtually every aspect of human development – physical, intellectual and emotional – are laid in early childhood. This is critical in the first thousand days of life, from conception through to age two. What happens during these early years has lifelong effects on many aspects of health and well-being – from obesity, heart disease and mental health, to educational achievement and socioeconomic status.



Figure 12: Rate of return to early investment



Source: Heckman¹

The highest rate of return on investment in reducing inequity comes from investing as early as possible in the quality of early childhood development, from birth to age five, through additional support proportionate to need.

What can organisations in Gwent do?

In order to reduce inequity, collective action from all public service partners needs to focus on ensuring a consistent universal offer of support to all families throughout the early years plus a focus on enhanced support for families with a low income to ensure that they don't get left behind.

There are three existing programmes in Gwent to build on to achieve a reduction in the current inequity of outcomes for children in their early years:

Adverse Childhood Experiences (ACEs)

Adverse childhood experiences are traumatic events that negatively affect people's health and well-being, especially when they occur early on in childhood². Preventing ACEs is a vital part of ensuring a healthy and happy life and a public health priority. This is because children who have low-quality, stressful childhoods are more likely to experience poor mental health and adopt health-harming behaviours during adolescence which can lead to diseases later in life such as cancer, heart disease and diabetes. The Gwent Public Services Board has previously acknowledged that tackling ACEs is an important step in addressing inequalities. The proposal for Gwent to become a Marmot region mapped its well-being objectives to the Marmot principles and the delivery programmes that can support change³, providing the required framework for action.

Healthy Child Wales Programme

The Healthy Child Wales Programme (HCWP) sets out what planned NHS contacts children and their families can expect from conception to the first years of schooling (0-7 years). These universal contacts cover three areas of intervention: screening, immunisation plus monitoring and supporting child development (surveillance). At its core is an agreed all Wales universal schedule of midwifery, health visiting and school nursing contacts for every pregnant woman and child, with enhanced and intensive interventions for those families and children with increased levels of need.

Children and their families in the early years are supported by universal and specialist services across the NHS and its partners. These services range from families' first point of contact and the family GP, to a wide range of services including: maternity, health visiting, school nursing; mental health, including community perinatal mental health services; social services; education; NHS Wales Direct; minor injuries; specialist and critical care; dentistry; and Flying Start. It is essential that all these services work together and take every opportunity to engage, advise and support families and children during this crucial period of their development⁴.

Early Years Integration Transformation Programme

The Early Years Integration Transformation Programme is a partnership programme between the NHS, local authorities, third sector and communities in Gwent. Its aim is to work alongside families to ensure every child has the best start in life by taking into account what matters to them and accessing support where needed. The programme enables early years services and programmes to meet a family's needs at the right time, in the right place and by the right person through a Midwifery and Early Years Core Programme which sets out the support provided by Community Midwives, Health Visiting, Family Workers, GPs and School Health Nurses.

Table 1 sets out the system changes needed across Gwent to systematically implement at population scale the evidence based interventions that would reduce inequities and give every child the best start in life.

Table 1: Evidence based early years programmes in Wales

<p>The Healthy Child Wales Programme⁴</p> <p>Encourage all families to engage with the Healthy Child Wales Programme through their midwife, health visitor and school nurse. Expand support for families identified as needing additional help through the programme without waiting for a crisis to happen.</p>	<p>Support to stop smoking in pregnancy</p> <p>Encourage all pregnant women to stop smoking while pregnant. Extend smoking cessation support in pregnancy as part of routine ante natal care.</p>
<p>Adverse Childhood Experiences (ACEs)</p> <p>Research by Public Health Wales into interventions that work at a community level⁵ has shown that open-ended support, where families can access help in a safe-space, as and when required, work best. These services need to be well-publicised and enduring in the communities they operate. To do this, organisations and projects of all sizes need stable sources of funding to allow them to recruit, train and retain staff who understand their communities. Addressing language barriers, discrimination and cultural awareness is critical to helping people overcome ACEs and this should be integrated into the support offered. Providing play, arts and outdoor activities for children were highlighted as vital components to help young people develop social skills and overcome upsetting experiences. The Gwent PSB should now review its governance and partnership structures to determine where projects tackling ACEs will sit as part of the Marmot region delivery process. Areas of attention should include:</p> <ul style="list-style-type: none"> • A needs assessment on substance misuse for children and young people, linking to related ACEs and a partnership mechanism to address them • Alignment of interventions with the Integrated Well-being Networks to provide proportionate support and increase publicity of available help. 	<p>Breastfeeding</p> <p>Encourage breastfeeding for all new babies and expand infant feeding support for new mothers. At community level, encourage all public spaces to be welcoming and supportive of breastfeeding.</p>
<p>Early Years Integration Transformation Programme</p> <p>At community level, establish fully integrated working between midwives, health visitors, school nurses, Flying Start teams and local authority early years teams.</p>	<p>Smoke-free hospitals, schools and playgrounds</p> <p>Take active steps to implement the Smoke-free legislation to achieve the culture change of children and young people across Gwent growing up in a smoke-free environment so that they collectively consider it normal not to smoke when older.</p>
<p>Childhood immunisation</p> <p>Promote and encourage the uptake of all childhood immunisations. Work with local communities to understand and reduce vaccine hesitancy.</p>	<p>Healthy and Sustainable Pre-school Scheme</p> <p>Encourage all early years settings to participate in the Healthy and Sustainable Pre-school Scheme, with a particular focus on early years settings in deprived areas.</p>
<p>Weight management during pregnancy</p> <p>At community level, expand opportunities for all pregnant women to eat well and keep moving while pregnant. Provide weight management support for all pregnant women with a BMI over 25.</p>	<p>NEST Framework</p> <p>Implement the NEST (Nurturing, Empowering, Safe, Trusted) Framework for planning mental health, well-being and support services for babies, children, young people, parents, carers and their wider families.</p> <p>Figure 13: The NEST Framework</p> <p>Source: NHS Wales Health Collaborative⁶</p>

Case study: 'Talk with me!' early years language resource

Background

Learning to talk is one of the most important skills that children need before they go to school. Being able to talk and communicate well helps children make friends, learn to read and do well at school.

Children not developing early language skills can lead directly to poor educational attainment and consequent inequalities in employment opportunities, income and physical and mental health inequalities associated with socio-economic deprivation.

Talk with me! resources

- A bilingual resource to promote early years speech and language development was developed by professionals in collaboration with parents and carers across Gwent. The 10 key messages were updated in line with current evidence, informed by the insight provided by parents and carers to achieve the greatest impact, and who also indicated they wanted a paper and an electronic resource.
- A 14-page A5 information booklet was developed with the 10 key messages and suggested activities parents/carers could do to support their child's language development. A poster was also developed containing the 10 key messages. These resources are used by Midwives, Health Visitors and Early Years partners in Local Authorities in their work with parents.
- The electronic resources were used as part of a social media campaign run by the ABUHB Speech and Language Team during the Covid-19 pandemic to support parents with practical activities they could do at home.



Professionals were asked to provide feedback on the resource and how they have used it:

"I use this at every visit from birth onwards. I find the leaflet and resources really good for parents."

"The messages are easy to explain and embed within examples for parents."

"Without parents' support we have limited opportunity to facilitate change and the more a parent can create positive language environments the more passive change will happen without the child needing to be aware."

This work has now been adapted by Welsh Government and rolled out across Wales as part of the National 'Talk with me!' campaign. – www.gov.wales/talk-with-me

Chapter 4: Enable all children, young people and adults to maximise their capabilities and have control over their lives

Why is this important?

To achieve equity from the start, investment in the early years is crucial but is not enough on its own. Reducing inequity requires a sustained commitment to children and young people throughout their years of education and beyond across their life course.

If we are serious about reducing health inequity, we must focus on reducing the large inequity in educational outcomes in Gwent. Central to children, young people and adults maximising their capabilities is the acquisition of cognitive and non-cognitive skills. Both are strongly associated with educational achievement linked to a whole range of other outcomes including better employment, income and physical and mental health.

Figure 14: Highest qualification of working age adults (age 18 – 64, Dec 2021)

	No qualifications	Qualified to NQF* level 2 or above	Qualified to NQF level 3 or above	Qualified to NQF level 4 or above
Caerphilly	10.9	75.5	53.8	35.4
Blaenau Gwent	15.3	69.1	48.1	28.9
Torfaen	9.2	75.6	51.8	30.4
Monmouthshire	3	86.6	75.5	56.8
Newport	7	78.5	61.4	42.7
Wales	8.1	80.1	62.5	41.6

Source: Stats Wales¹

Learning does not just happen in schools and it does not stop when individuals leave school. To enable people to fulfil their potential, opportunities for lifelong learning and skills development need to be promoted, not only in formal educational settings, but also in the workplace and in communities.

Findings show that there is a growing trend of working-age adults in Wales who are under-qualified and lacking in essential skills². Almost half of adults from the lowest socioeconomic groups have not received any training since they left full-time education.

Lifelong learning has the potential to impact on inequity in two ways. Indirectly, it is important for providing the skills and qualifications for employment and progression in work. Directly, there is evidence that participation in adult learning in itself impacts on health behaviours and outcomes. Analysis of cohorts of adult learners shows that participation in adult learning contributes to positive and substantial changes in health behaviours³.

What can organisations in Gwent do?

There is much that individual organisations are already doing to support people into work, but the impact could be amplified further through a co-ordinated approach across the member organisations of the Gwent PSB. A comprehensive range of commitments implemented in a co-ordinated way could make a significant contribution to enabling people in all communities in Gwent to maximise their capabilities and have control over their lives.

A starting point could be to share good practice and understand what each organisation is doing, with a view to aligning recruitment processes and making it as easy as possible for people in all communities. The ABUHB People Plan 2022–2025, 'Putting People First', already includes a number of commitments:

- Delivering wider implementation of employability schemes e.g., Kickstart and Restart to support widening access for school leavers and the unemployed into work.
- Designing workforce plans that ensure an inclusive workforce, reflective of communities in Gwent.

- Building connections with schools, education providers, third sector and community groups to promote the wide range of roles on offer and the opportunities that exist to develop long-term career pathways.
- Trialling new selection methods in place of traditional interviews to encourage applications from all parts of the population.



Case study: Stronger, fairer, greener Wales: a plan for employability and skills⁵

Welsh Government is committed to creating a Wales where individuals of all ages can receive a high quality education, with jobs for all, where businesses can thrive in a net zero economy that champions fairness and equality. The Plan for Employability and Skills seeks to signal clear policy and investment priorities and sharpen the delivery focus on actions over this Government term that will leave a positive legacy for future generations.



The key priorities are:

- Young people realising their potential.
- Tackling economic inequality.
- Championing fair work for all.
- Supporting people with a long-term health condition to work.
- Nurturing a learning for life culture.

For further information go to:

<https://gov.wales/stronger-fairer-greener-wales-plan-employability-and-skills>

Key developments so far include:

- Promoting collective responsibility for advancing fair work for all, through the Social Partnership and Public Procurement (Wales) Bill.
- Prioritising and consolidating Welsh Government led, national employability support to target young people, those under-represented in the labour market and those in and out of work with long-term health conditions to find work and progress in employment.
- Expanding support for career switchers and older workers through mid-career reviews, and personal learning accounts to support workers to upskill or reskill to access a wider range of job opportunities.
- Pursuing a strengthened concordat with the Department for Work and Pensions to improve early engagement and joint planning in Wales to ensure that together we best meet the needs of priority and disadvantaged groups.
- Championing fair work to improve the offer for workers, particularly in areas of staff shortages, to encourage employers to draw on a more diverse talent pool, by increasing workforce diversity, improving pay and conditions, and flexible working conditions.
- Strengthening the core role of health boards in prevention and early intervention, through social prescribing, and increased employability, vocational rehabilitation and multi-professional occupational health services for people in and out of work with mental ill-health and long-term health conditions.

Chapter 5: Create fair employment and good work for all

Why is this important?

Being in (good, fair) employment is protective of health. Conversely, unemployment contributes to poor health. Getting people into work is the first step to reducing inequity, but jobs also need to provide fair employment and good work that promotes well-being.

The Marmot Review proposes a minimum level of quality for jobs to provide good, fair work. Jobs should not only be sustainable and provide a decent living wage, but also opportunities for in-work development, the flexibility to enable people to balance work and family life, and protection from adverse working conditions that can damage health¹.

The Health Equity Status Report Initiative identifies five essential conditions for health equity². Employment and working conditions is one of these, associated with 7% of the difference in self-reported health.

For children, the income and work of their parents is a pivotal factor in the length of time spent in child poverty and the ability to exit poverty³.

There are many different definitions of good, fair or decent work, whether developed by governments, academics or workers' organisations. The Fair Work Commission in Wales considered the many alternatives and identified the following characteristics of fair work⁴:

Figure 15: What is fair work?



Source: Public Health Wales⁵

What can organisations in Gwent do?

Public Health Wales (PHW) has recently published a guide to fair work for local and regional organisations in Wales⁵. This guide was informed by the work and recommendations of the Participation in Fair Work for Health, Well-being and Equity Expert Panel. The resulting framework for action is illustrated below.

Figure 16: Summary of actions to increase inclusive participation in fair work



Source: Public Health Wales⁶

In the PHW guide, local and regional organisations are described as having a pivotal role, increasing inclusive participation in fair, sustainable work through the following:

- Area and place-making;
- Job creation and attracting fair work employers;
- Encouraging and incentivising fair work practice;
- Supporting pathways to access work;
- Being exemplars as good employers and anchor institutions;
- Implementation of the socio-economic duty.

The Gwent Public Services Board can set the direction by incorporating fair work into the Gwent Well-being Plan. Making fair work and good employment a reality in communities across Gwent will depend on member organisations translating that collective commitment into action by their own organisations. Regional Economic Frameworks and the implementation of City and Growth Deals, supported by Regional Skills Partnerships, also have an important role in embedding a fair work approach into their work for a more prosperous, more equal and healthier Gwent.

Case study: Managing Transformation modules

As a result of a collaborative approach to care in the community, a two-day Managing Transformation management and leadership development programme has been developed for health and social care partners in Gwent. All learning was facilitated via Microsoft Teams and of modular format covering the following topics:

- Well-being through change
- Leading meaningful change
- The trusted leaders – compassionate and collaborative
- Excellence in communication – engaging the team

Whilst addressing the ‘traditional’ aspects of management and leadership skills, well-being was also of importance. Recognising that staff well-being, along with compassionate and inclusive leadership has a direct influence on providing exceptional patient care in the community.

The main objectives for the Managing Transformation programme were to:

- Increase management and leadership capability
- Create a collaborative approach to patient care in the community
- Offer development opportunities to both local authority and third sector colleagues
- Share common goals and aims in relation to the transformation agenda
- Consider our impact on patient care
- Lead with compassion
- Improve colleague well-being.

In total, 58 attended over eight cohorts, from an array of job roles (see box below). Ninety-three percent of participants on the Managing Transformation modules course participants would recommend to a colleague if the training is offered again in the future.



Although aimed at health and social care staff, many of the components of this training are generalisable to other public sector partners. This includes content on how to manage and support staff through organisational change, the principles of compassionate and collaborative leadership and how to engage teams in a change process. Member organisations of Gwent Public Services Board may want to take the principles from this training and apply them more generally to other staff groups to improve well-being and engagement in other sectors.

Chapter 6: Ensure a healthy standard of living for all

Why is this important?

To realise the ambition of 'Building a Healthier Gwent', all people in our communities need to be able to afford to live, work, learn and play to benefit from healthy, fulfilled, dignified lives.

As discussed elsewhere in this report, the working-age population of Gwent need access to fair employment and good work, which provides a secure income to be able to access the building blocks for healthier lives: warm homes, healthy food, good education and skills, quality transport, access to digital services, and stimulating culture and leisure.

But right now, in too many of our communities across Gwent, these building blocks are missing. Too many families are experiencing poverty, including in-work poverty, which without system transformation will be passed on to future generations and the cycle of the negative impacts of poverty will continue.

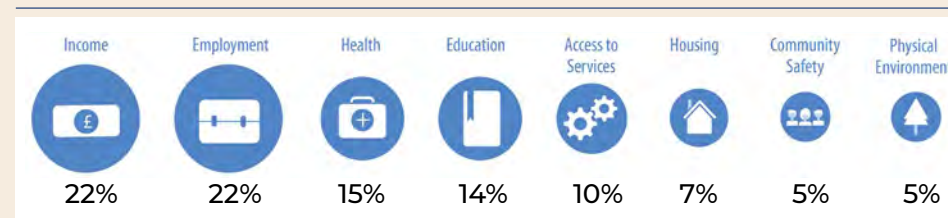
Figure 17: Weekly earnings by local authority of residence

Weekly earning by residence (£)	B. Gwent	Caerphilly	Mon'shire	Newport	Torfaen	Wales	GB
Full-time workers ¹	523.3	562.7	688.8	573.2	547.7	570.6	613.1
Male full-time workers	610.7	609.5	693.9	642.3	566.5	599.7	655.5
Female full-time workers	497.9	490.9	613.4	477.3	523.7	528.3	558.1
% of workless households ²	21.2	16.1	10.8	13	19.3	16.5	13.6

Source: Nomis³

The Welsh Index of Multiple Deprivation is used to compare the levels of socio-economic deprivation across Wales. It is made up of eight separate domains of deprivation, which are given different weights. Each domain is compiled from a range of different indicators.

Figure 18: Welsh Index of Multiple Deprivation weightings

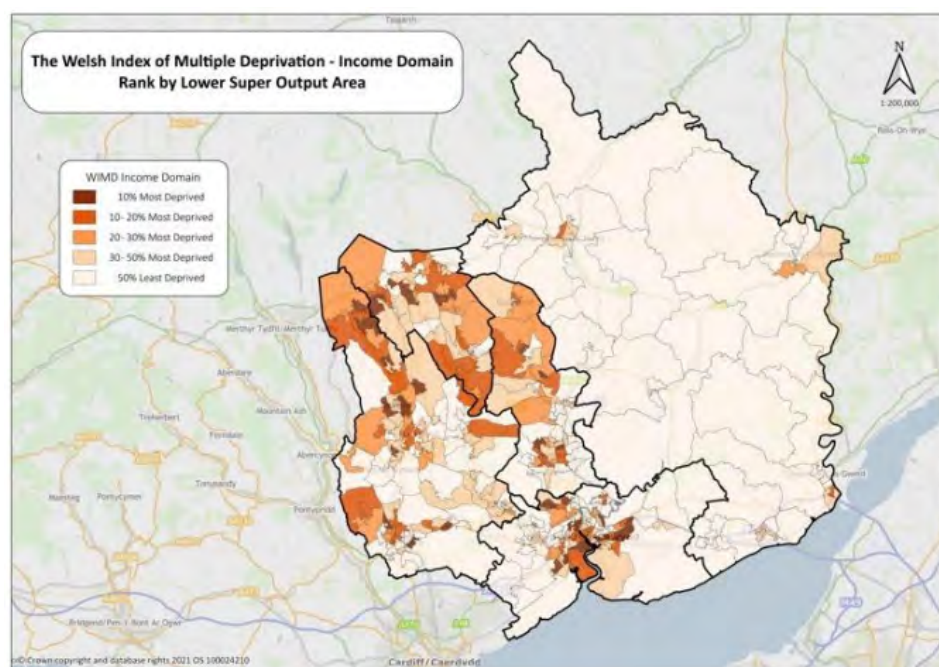


Source: Statistics for Wales⁴



The percentage of lower super output areas (LSOAs) which are in the highest fifth for income deprivation in Wales are: 36% in Blaenau Gwent, 33% in Newport, 25% in Caerphilly, 23% in Torfaen and 4% in Monmouthshire. The map below illustrates the income-deprivation rankings in Gwent³.

Figure 19: Gwent in the Welsh Index of Multiple Deprivation (income-deprivation)



Source: Gwent PSB³

A person is defined as living in 'relative income poverty' if they live in a household where total income is less than 60% of the average UK household income. In Wales, between 2017-20, 23% of adults were living in relative income poverty. Over the same period, 31% of children were included in this classification⁴.

In Wales, a household is defined as being in fuel poverty if it has to spend more than 10% of its income on maintaining a warm home. As at October 2021, 196,000 households in Wales (14% of households) were estimated to be living in fuel poverty. A further 38,000 households (3%) were estimated to be living in severe fuel poverty (spending more than 20% of income on fuel), and an additional 153,000 households (11%) were estimated to be at risk of fuel poverty (spending between 8-10% of income on fuel)⁵.

The UK, along with other countries in Europe, is currently facing a situation of extremely high energy prices⁶. The reason for these surging prices is two-fold: the world emerging from the COVID-19 pandemic (increasing demand), and the war in Ukraine leading to a reduction in gas supplies to international markets. On the 1st October 2022, the energy price guarantee was introduced which will see a typical household bill of £2,500 a year. Even with the price guarantee, energy bills this winter will be nearly double what they were last winter⁷.

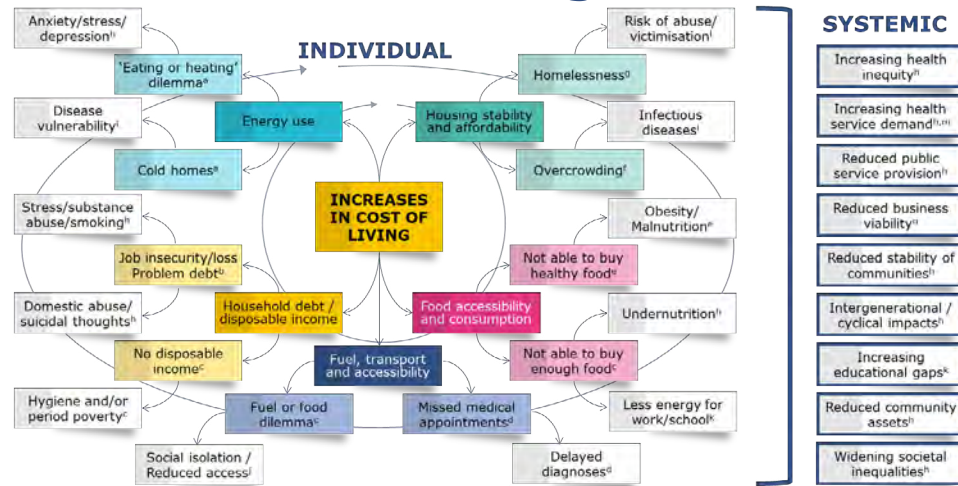
In September 2022, Professor Sir Michael Marmot published his review, '*Fuel Poverty, Cold Homes and Health Inequalities*'⁸. This latest Marmot review predicts significant inequity – health, social and educational – for a new generation of children if, as forecast, 55% of UK households (15 million people) fall into long-term fuel poverty.

As prices rise, people make difficult choices on what to cut back on, including fuel and food. In the UK in April 2022, 7.3 million adults lived in households that said they had gone without food. These households include 2.6 million children¹⁰.

Citizens Advice is reporting that people are struggling to cope and are approaching the charity in crisis in larger numbers than in any of the past three years. Referrals to food banks have increased dramatically for all demographics, but in particular for single people, social housing tenants, and disabled people¹¹.

Figure 20: Impacts of increases in cost of living

How does cost of living link to health?



Source: Public Health Wales⁹

Both fuel poverty and food poverty are important health concerns. People who live in homes which are cold, damp and unsafe are more at risk of poor physical and mental well-being, cancers, circulatory, cardiovascular and respiratory ill-health, falls and serious injury, and arthritic and rheumatic conditions. There is evidence that 10% of excess winter deaths can be attributed to fuel poverty¹².

The immediate priority with food insecurity is access to food to address hunger, and understandably this may take precedence over sourcing/providing foods which are lower in fat, sugar and salt. The initial crisis of food insecurity is therefore a further challenge to improving the current food environment, which is one of the aims of the Welsh Government's 'Healthy Weight: Healthy Wales' overweight/obesity strategy to reduce the prevalence of Type 2 diabetes and other diet-related health conditions¹³.

What can organisations in Gwent do?

Organisations in Gwent can individually and collectively play a leading role to ensure a healthy standard of living for all in Gwent, underpinned by health and well-being at the heart of all organisational planning, policies and services, through:

- Purchasing further goods and services from local businesses and organisations, to strengthen the Gwent supply-chain.
- Opening buildings and spaces to support local communities and staff. This could include:
 - Developing green space for well-being and food growing
 - Providing access to broadband and telephone services as well as a warm space.
- Widening access to quality work, including reviewing whether current 'difficult to recruit' vacancies can be converted into wider opportunities such as apprenticeships and placements, to provide local employment.
- Ensuring that services across Gwent remain accessible financially and physically to service-users, e.g., cost of travelling to an appointment; time of appointment to avoid having to take unpaid absence from work.
- Providing brief intervention and signposting service-users to help on financial inclusion, mental health and well-being, plus having referral pathways in place for support with fuel and food poverty.
- Supporting staff visiting service-users' homes to recognise and take action on the signs of fuel and food poverty and assist with access to social support, e.g. Healthy Start and Pension Credit. ^{6,14,15,16,17}

Case-study: Gwent Sustainable Food Places

Across Gwent, a food movement is emerging that is tackling food insecurity as one of its top priorities. Food partnerships are in place in Monmouthshire, Torfaen and Blaenau Gwent, with Caerphilly and Newport convening food networks. At the heart of this movement is the belief that everyone deserves access to nutritious, healthy, sustainable food as part of healthy, fulfilled, dignified lives.

Gwent food partnerships recognise that whilst action to address food insecurity inevitably requires a national response, there is much that can be achieved at a local/regional level. Emergency food responses that began during the period of austerity, and heightened during the COVID-19 pandemic, are now maturing as stakeholders consider longer term strategies and the need to reduce dependency on crisis food provision.

The **Blaenau Gwent Food Partnership**, hosted by Tai Calon Housing Association, brings together Blaenau Gwent County Borough Council, Gwent Association of Voluntary Organisations (GAVO), ABUHB and Natural Resources Wales. The partnership is soon to launch its ambitious plan to transform the local food system. Better access to affordable, healthy food will be at its core. The linked Slow Cooker Club run by Llanhilleth Miners' Institute is a 6-week programme that provides local families with slow cookers and supports them to use fresh vegetables to produce healthy family friendly meals.



In Newport the **Third Sector Food Providers Network**, hosted by GAVO in partnership with Newport City Council, brings together organisations focusing on food provision and sustainability. Funding is being offered by Newport City Council to community food providers who are currently struggling with increased demand alongside increasing costs in the current cost of living crisis.

Torfaen Food Partnership is hoping to join Blaenau Gwent and Monmouthshire in becoming a member of the Sustainable Food Places Network. Their early preparation has included mapping the local food system, interviewing key stakeholders, and holding workshops with a specific focus on food poverty. Their Community Food Scheme grant funding is supporting food access and growing initiatives.

The launch event of the **Caerphilly Food Network**, convened by Caerphilly County Borough Council in March 2022, brought together 80 people from food banks and community groups, along with the hospitality sector and food producers, to share successes and identify new solutions to food poverty. Food system mapping has included a focus on food banks, community fridges and community pantries which are able to support local communities.

In Monmouthshire there is a long history of both community food work and support for local food supply chains. The newly refreshed **Monmouthshire Food Partnership** will build on this good food movement, and has identified food insecurity and the cost of living crisis as its top priorities. Work is underway to develop a strategy and action plan to deliver these priorities.

Chapter 7: Create and develop healthy and sustainable places and communities

Why is this important?

Demand on health and care services is reported to be rising year after year¹; communities in more deprived circumstances are reported as being left behind². How can the health and care agencies respond to such challenges in a sustainable and equitable manner? How do we make the shift to prevention and early intervention?

Tackling these challenges can only be achieved through a paradigm shift that positions communities at the centre of service provision while ensuring communities have the conditions that allow self-sufficiency, reciprocity and community capital to flourish³. Community-centred approaches are crucial to addressing the complex causes of poor health and well-being that lead to individuals in crisis and accessing health and social care services⁴. A community-centred approach

Figure 21: How Integrated Well-being Networks work



means organisations tailoring their approach to the available community assets and needs. Communities can influence health through the development of social capital and cohesion and feelings of safety, low levels of which are associated with higher stress and worse physical and mental health.

The aim of the Integrated Well-being Network (IWN) programme (figure 21) is to develop a whole system approach to community well-being and prevention that brings together a wide range of well-being assets on a place-basis.

The Integrated Well-being Network programme is funded by the Regional Integration Fund under the governance of the Gwent Regional Partnership Board for Health and Social Care. Delivery of the programme is led by a group of service development leads working within localities across Gwent with a particular focus on supporting community collaborative networks in targeted areas identified as likely to benefit from greater strengthening of community assets.

The objectives of the Gwent Integrated Wellbeing Network (IWN) programme are:

Objective 1	To establish place-based co-ordination & development of well-being resources
Objective 2	To identify ways that hubs can be centres for well-being resources in the community
Objective 3	To develop the well-being workforce (people delivering services & support)
Objective 4	To ensure easy access to well-being information & support

What can organisations do in Gwent?

No one organisation is responsible for improving community well-being and all organisations across Gwent have a role to play. Existing investment in resources to support people’s well-being is often not connected or aligned across organisations and sectors in Gwent and has poor connectivity to community needs and aspirations. Investment in community assets is often fragile and is at greater risk since the cost of living crisis.

The Gwent PSB can set the direction by including the development of healthy and sustainable places and communities in the Gwent Well-being Plan. Turning that collective commitment into reality in communities across Gwent will depend on member organisations translating it into action by their own organisations, ensuring:

- Financial support is available for community buildings to continue to operate to address isolation and loneliness, and become safe warm spaces offering information and signposting
- Digital inclusion becomes everybody’s business. Access to digital devices, the internet and support to use technology is available at community level
- Frontline staff and volunteers have the knowledge and skills to signpost community members to well-being services and support in the places people live and work
- There is community support available for individuals to address isolation and loneliness.

Case study: Gwent Integrated Well-being Network Programme

Case study 1 - Place-based collaboration and well-being collaboratives

Place-based collaboratives are spaces where statutory and community partners can network and work. The aim is to enable spaces for people, both professionals and community, to have conversations and connect with each other in ways they would not usually have done.

In Torfaen, Blaenavon Town Council has funded a community well-being officer who has been forming relationships across the community, listening and creating opportunities for people to connect. A movement known as Healthy Blaenavon has been developed with Healthy Blaenavon branded projects taking place in schools, churches and leisure facilities to enable an increase in community connections and help people to make friends, feel connected to their community and contribute to reducing loneliness and isolation.



Case study 2 – Community-based hubs providing opportunities to connect



Community-based hubs provide a place for people to connect with each other and undertake activities in their local community.

In Blaenau Gwent, a network of people managing community buildings, including statutory spaces such as libraries, work collaboratively to deliver a shared vision, which is to provide welcoming, warm spaces that can provide information, advice, support or simply a friendly chat for people that visit. The network meets regularly to share experience and resources, enhancing their knowledge of other local hubs and support services that they can signpost their own users to. Community link workers and other professionals are aware of the network of hubs and can use them to meet clients or host drop-in sessions. The development of the network of community hubs is being accelerated in response to the cost of living crisis. The new Bevan Health and Well-being Centre being built in Tredegar will provide an additional hub when it opens in 2023.

Case study 3 – Supporting the development of people who deliver services and support

Working together with people to build on their strengths and find their own solutions is the principle that underpins the development of the Integrated Well-being Network (IWN) collaboratives, which have created opportunities for Asset-Based Community Development.

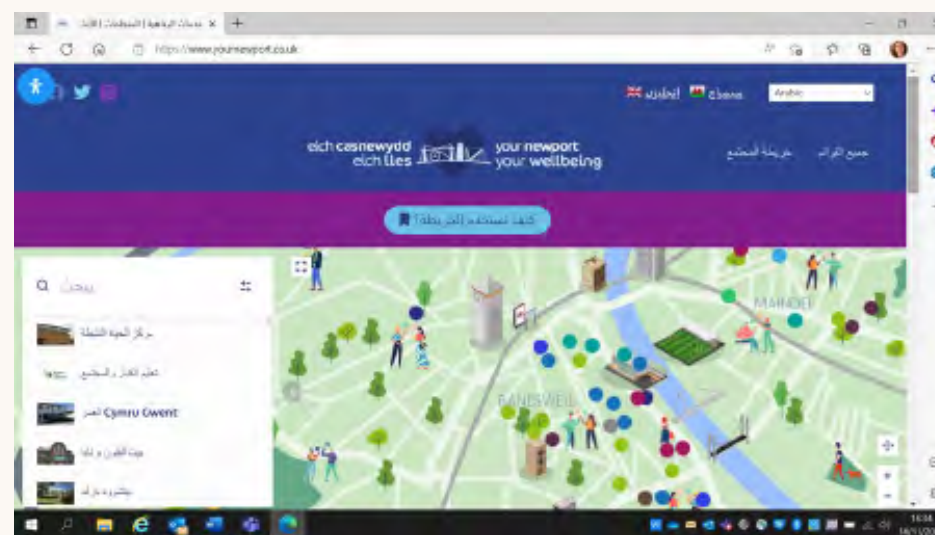
In Caerphilly, a model of green prescribing has been piloted to connect primary care to well-being resources for their patients. Six GP practices in east Caerphilly were invited to refer participants to engage in nature and outdoor projects in their local area. The initiative worked collaboratively with practice staff, including Psychological Well-being Practitioners, and was delivered by a network of nature health partners in Caerphilly. The project will inform implementation in Gwent of Welsh Government's National Framework for Social Prescribing⁵.



Case study 4 - Providing ways for people to access reliable well-being information

Providing ways for people to access reliable well-being information is a challenge, with several methods being tested across Gwent.

In Newport, as in other areas, interactive well-being maps have been created as a useful resource for community members and professionals alike. The interactive map and list of options provide a mixture of community and online well-being support. Accessibility features on the portal enable easy orientation, with easily identifiable landmarks that are visually recognisable. Care has been taken to ensure the interactive map experience is accessible to those with disabilities and health conditions.



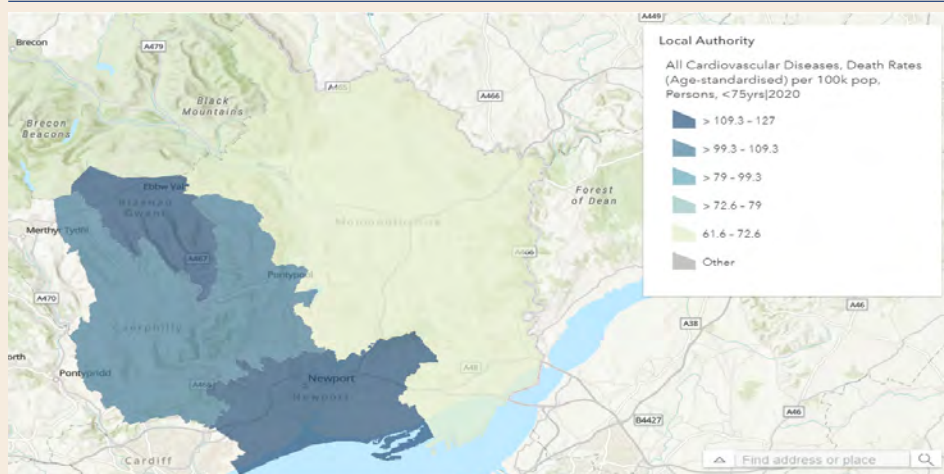
Chapter 8: Strengthen the role and impact of ill-health prevention

Why is this important?

Elsewhere in this report it has been shown that people in some communities in Gwent live more of their life in good health and live longer than in other communities in Gwent. A large proportion of that difference is caused by the following diseases:

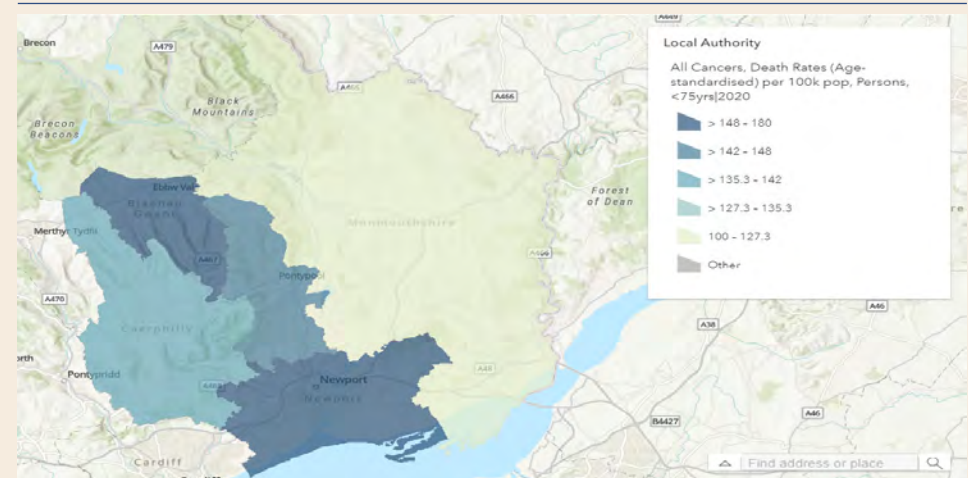
- Cardiovascular disease
- Cancers
- Chronic respiratory diseases
- Musculoskeletal disorders
- Mental ill health

Figure 22: Mortality from cardiovascular disease, less than 75yrs, age standardised rate per 100,000 population, 2020.



Source: HealthMapsWales¹

Figure 23: Mortality from cancer, less than 75yrs, age standardised rate per 100,000 population, 2020.



Source: HealthMapsWales²

The development of these illnesses can be largely attributed to preventable risk factors, including smoking, lack of physical activity and unhealthy diets. In the report '*Health and its determinants in Wales*³ Public Health Wales categorised the preventable risk factors into behavioural risk factors and clinical risk factors.

Behavioural risk factors

The difference in lifestyle risk factors reported by adults across Gwent explains the major part of the difference in the average number of years people live in good health and how long they live. On average, people living in disadvantaged communities have a greater number of unhealthy behaviours.

Smoking is a significant public health challenge. It is the leading cause of preventable disease and premature deaths. Smoking is more prevalent among low income groups, and the differences in smoking prevalence translate into differences in disease burdens and death rates between social groups.

Obesity. The PHW *Obesity in Wales Report*⁴ found a difference of 12% in the prevalence of overweight and obesity between the most and least deprived areas of Wales. Gwent has the highest percentage of people who are overweight or obese in Wales and this is projected to rise. A high Body Mass Index (BMI) is one of the top three leading risk factors of disability adjusted life years and the leading risk factor for years lived with disability. The top three risk factors are directly linked to

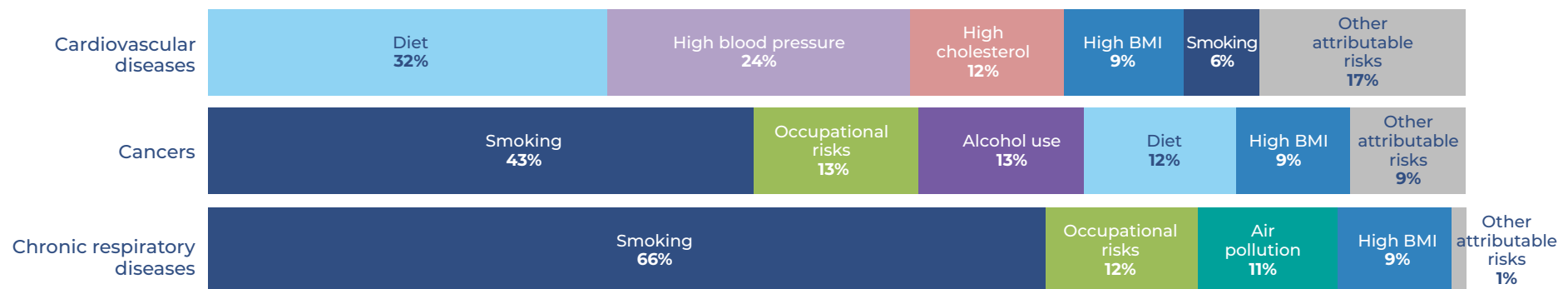
diet and obesity - high BMI, high systolic blood pressure and high fasting plasma glucose.

The majority of known risk factors for cardiovascular disease (CVD) are linked to diet and obesity. High BMI contributes to 9% of the known risk factors for CVD, neoplasms and chronic respiratory illness⁴.

An inverse association between a low intake of fruit and vegetables and higher risk of coronary heart disease, stroke, CVD, total cancer and all-cause mortality has been found⁶.

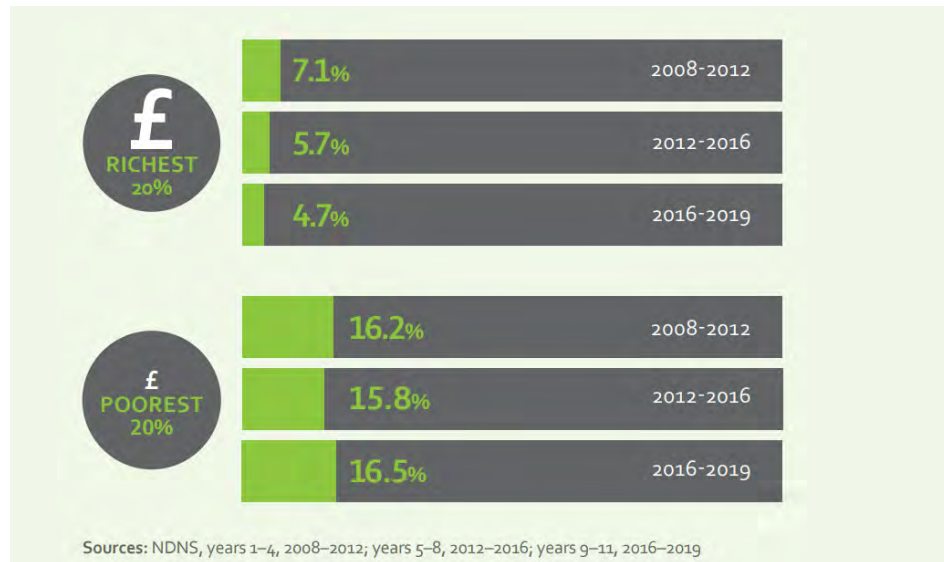
Vegetable consumption follows a strong income gradient, with the poorest 20% eating an average of one portion of vegetables less a day than the richest 20%. There has been an improvement drop in the numbers in high income groups eating less than one portion a day, but the same cannot be said for low income groups, suggesting a widening of dietary inequality⁷.

Figure 24: Modifiable lifestyle factors are the leading risk factors for diseases with the highest number of disability-adjusted life years



Source: Building a Healthier Gwent⁵

Figure 25: The proportion of people aged 11 years and over eating less than one portion of vegetables per day (UK)



Source: Food Foundation⁷

Welsh residents spent 18% less on fruit and vegetables in 2015-2017 compared to 2006-2008⁷. One in ten Welsh residents reported that they could not always afford to eat a balanced diet⁷.

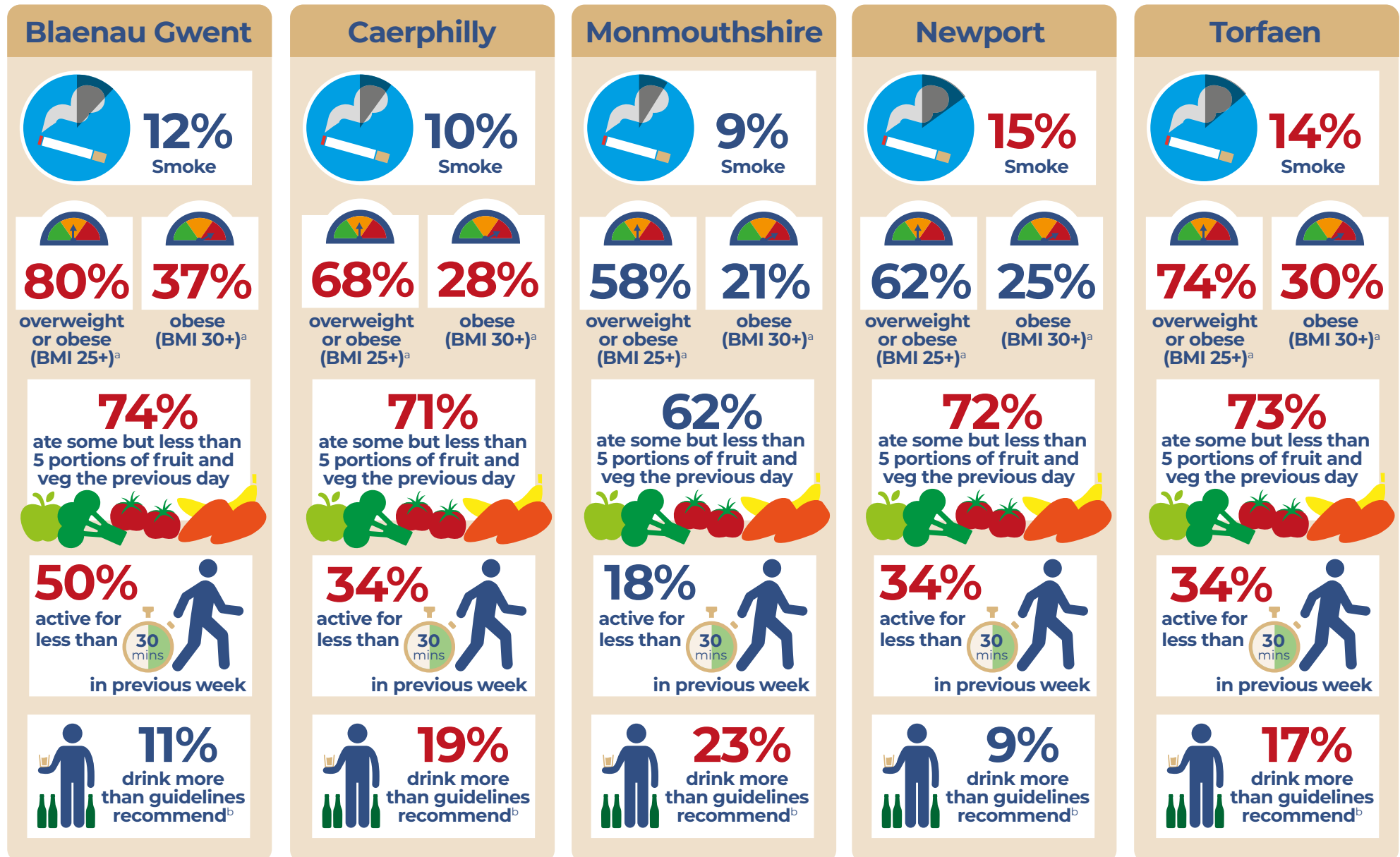
Physical activity levels are closely related to physical and mental health outcomes. There are inequalities in levels of physical activity and more affluent groups tend to have higher levels of physical activity. Exercising outside can have a more positive impact on mental health, but there are inequities in access to gardens, green spaces, leisure centres and walking and cycling infrastructure.



Alcohol misuse has been associated with a number of adverse health and social consequences. There is an inverse social gradient for alcohol consumption: with consumption generally increasing with increasing levels of household income. However, health harms run in the opposite way with harm from alcohol consumption increasing with decreasing level of household income.

Figure 26: Key behaviours reported on average by adults across Gwent

% of adults (16+)



Red = above the Wales average. Source: Adapted from Public Health Wales Observatory using National Survey for Wales (WG)⁸ ^aOverweight = Body Mass Index of 25 to under 30; obese = Body Mass Index of 30 and over ^bWeekly alcohol consumption above 14 units. Please note that this infographic uses National Survey for Wales data, not Welsh Health Survey. The NSW uses some different definitions and a smaller sample size. They can not be compared.

Clinical risk factors

Mental health challenges are being experienced disproportionately across groups within society based on factors such as ethnicity, socioeconomic background and pre-existing mental health conditions. Various stressors arising from the pandemic could serve to prompt or exacerbate adverse mental health outcomes, including stress associated with financial loss or loss of employment, frustration, loneliness, boredom, worries about the future and concerns about access to goods and services. Moderate or severe mental distress was reported by 34.4% of the ABUHB population who responded to the Wales well-being survey in 2020⁹ and this had increased to 44.7% by the following year.

High blood pressure (hypertension) is the leading modifiable risk factor for CVD in Wales. The prevalence of hypertension in GP registered populations in the ABUHB area is 16.11% (range: 13.31% to 19.3%) which is higher than the Welsh average (15.66%). People from the most deprived areas are 30% more likely than the least deprived to have high blood pressure¹⁰.

Diabetes prevalence in GP registered populations in the ABUHB area is 6.46%. Around 90% of those diagnosed are living with Type 2 diabetes.

The health board's IMTP 2022/25⁴ states that 2% of the population occupy 60% of the bed base at any one time. This 'High Risk Adult Cohort' (HRAC) are people who are repeatedly admitted following falls or an exacerbation of one or more of their co-existing conditions. Strengthening ill health prevention for this group would help them to live well with their comorbidities regardless of age and would help to reduce pressure on NHS beds, particularly during the winter months.

What can organisations in Gwent do?

To achieve the ambition set out in '*Building a Healthier Gwent*'¹¹, services will need to re-orientate towards prevention, supporting people's well-being by stopping problems arising in the first place.

Addressing health behaviours through the lens of inequity can only be achieved through systematic population interventions that target the underlying causes of poor health.

At an organisational level

- Embed a Make Every Contact Count approach across the organisation.
- Achieve and retain the Platinum Corporate Health Standard.
- Review progress against the commitments in the Gwent Healthy Travel Charter.

At a team level

- Enable staff to make healthier choices whilst at work, through encouraging breaks, incorporating physical activity into the day, promoting healthy eating habits and access to the NHS stop smoking service, Help Me Quit.

At an individual level

- Take all opportunities to make healthy lifestyle changes.

What can the NHS do?

- Build support to adopt healthy lifestyle changes into care pathways, such as support to lose weight as part of the All Wales Diabetes Prevention pathway, stopping smoking during pregnancy and maximising the potential of 'teachable moments' when people have contact with NHS services.

Case study: Melo

Melo is a website that contains a wide range of information, advice and self-help resources, all available for free, so that people can look after their own mental health and well-being. There are also free courses for professionals including Gwent Connect 5 which provides participants with the confidence and tools to have conversations on mental health.

Melo is funded by the Regional Integration Fund under the governance of the Gwent Regional Partnership Board for Health and Social Care. Since its launch in January 2020, the site has been continually improved to ensure it is easy for people to access the wide range of digital and printable self-help resources that are available. Accessibility is a priority and a tool embedded within Melo enables the information on the website to be read aloud in over 100 languages. This is vital for people whose first language isn't English or Welsh, or if they have sight or reading difficulties.

If you want to visit the Melo website, go to www.melo.cymru or scan this QR code.



Scan me!

Download our social media pack, digital flyers, logos and much more to help you promote Melo.

You can follow the development of new content by the Melo team, which will include developing content for young people with Coleg Gwent. Please follow and share Melo team posts:



Victoria provides mental health training across Gwent and had this to say about Melo:

"I regularly use the information and resources on Melo. I actively try and incorporate the Five Ways to Well-being in my daily life. It really helps with my mental well-being. As well as information and tips on the Five Ways to Well-being, Melo contains a wealth of resources on an easy to navigate platform. It is wonderful to have a one stop shop to signpost people to who would benefit from information and advice to help them prioritise their self-care help. It truly is inspirational and so empowering to have everything at your fingertips! I am so proud as a mental health professional to work within Gwent, which has been so proactive in ensuring such high quality easy to access information is available to all, which truly enhances people's well-being on an innovative website!"

Kirsty works for Caerphilly County Borough Council and has found Melo really helpful in her role, she had this to say:



"I recently attended the Gwent Connect 5 training, where I learnt about the Melo website. I was really grateful I had, as the following week a client told me he was really struggling with his mental health. He actually told me he was feeling suicidal. I was able to use my knowledge of what was on Melo, and in particular the helplines page. We looked at the website together and as a result he phoned the Samaritans. Prior to the pandemic, one of the main challenges for me was finding self-help information you could trust. Now the information is in one place which makes things a lot easier".

Chapter 9: Tackle racism, discrimination and their outcomes

Why is this important?

Tackling racism was not an area of focus in the original 2010 Marmot Review¹. At that point, inequities in the distribution of power, money and resources were seen as the structural drivers of inequities in daily life. These were the 'causes of the causes', and were addressed through the conceptual framework of the six original Marmot principles.

This changed when the experience of ethnic communities during the COVID-19 pandemic came to light. International work conducted by the Institute of Health Equity illustrated pervasive patterns of health disadvantage in people of African descent and in Indigenous peoples².

In the 2020 COVID-19 Marmot Review³, the strong correlation between high risk occupations for COVID-19 infection and the proportion of people in those occupations from different minority ethnic backgrounds was identified. Mortality data from the COVID-19 pandemic also showed that only about half to two-thirds of the excess mortality among certain ethnic groups could be attributed to socioeconomic characteristics.

This raised questions about why people of African, Caribbean, and South Asian origin should be more exposed to adverse socioeconomic conditions and high risk occupations, and what else explained the excess mortality not accounted for by socioeconomic factors? In this context, structural racism was proposed as the missing element and was added as a further Marmot Principle in 2022⁴.



What can organisations in Gwent do?

There are a number of actions that local organisations can take, including the following:^{5,6,7}

- Local economic partnerships and chambers of commerce can work with businesses, the NHS, local authorities and other public sector bodies to gather ethnicity data by pay and grade, and to use this data to address wage gaps and inequalities in seniority.
- All businesses, public sector and third sector organisations should ensure legal equality duties are met in recruitment and employment practices, including pay, progression and terms.
- All efforts should be made by health and social care providers to ensure equitable access to their services.
- There should be effective engagement with all ethnic minority populations in the development and delivery of services and interventions.
- Improve the workforce's cultural literacy and invest in the human and other resources required to develop the workforce to be fully culturally competent and inclusive where effective communication directly influences outcomes.
- Ensure all significant policy and planning has equality built in from the start.
- Provide public engagement which ensures that services are appropriate, acceptable and accessible to individuals of all ethnicities.
- Include reducing ethnic health inequity as a well-being goal for the organisation.

Case study: ABUHB Maternity and Antenatal Services

After formal and informal feedback highlighted health inequities for women who do not speak English or understand written English, ABUHB midwives and the maternity services user engagement group put together a project to address this gap. Funding was successfully achieved from Safer Beginnings and volunteers were recruited.

The volunteers attended a workshop with the consultant midwife and maternity services user group representatives, to share ideas and develop their vision of the project. The role of the volunteers is to attend the service user forum representing the views of non-English speaking women and to direct women and families to resources, raise awareness of the service, build trust and confidence in maternity services, and to befriend the service users.

Some of the volunteers (all mothers who have recently had babies within ABUHB) reported that being a volunteer has already helped with overcoming loneliness and giving them a sense of purpose. The project is for a year and whilst further volunteers are being recruited, currently the nationalities and languages supported are Hungarian, Polish, Romanian, Russian and Italian.

ABUHB maternity services have also committed to the Diverse Cymru Cultural Competence Accreditation Programme.



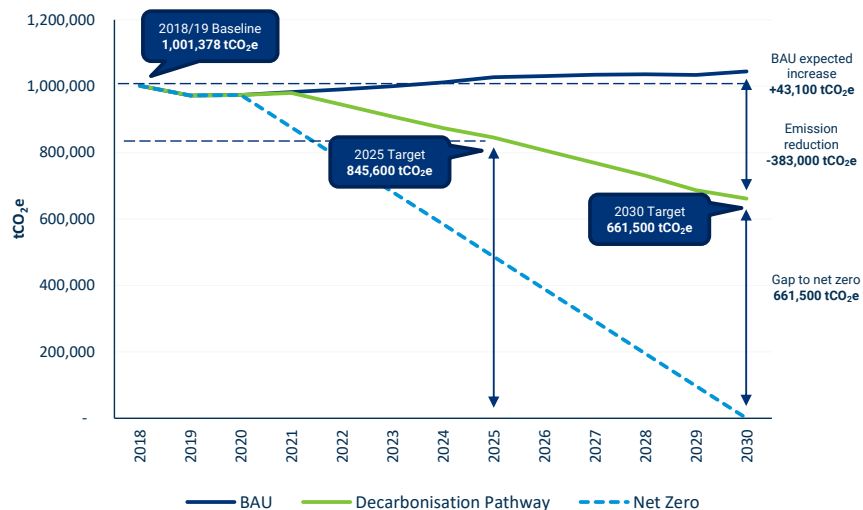
Chapter 10: Pursue environmental sustainability and health equity together

Why is this important?

The 2020 and 2010 Marmot reviews into health equity in England identified climate change as a fundamental threat to health^{1,2}. However, it is also recognised that reducing carbon emissions presents an opportunity to reduce the prevalence of non-communicable diseases³.

A positive effect on reducing inequity from reducing greenhouse gas emissions could be maximised by ensuring interventions reach people with the most potential to benefit – for example, by improving energy efficiency in privately rented homes in areas of socioeconomic deprivation.

Figure 27: NHS Wales target emissions by 2030



Source: The Carbon Trust/NHS Wales Shared Services Partnership⁴

An NHS Wales Decarbonisation Strategic Delivery Plan was published in 2021⁴. This sets out an ambition for the NHS in Wales to be net zero by 2030, with a clear commitment to reduce the environmental impact of climate change and to drive the wider benefits of actions to reduce emissions and pollution to improve population health.

What can organisations in Gwent do?

The Gwent Public Services Board has chosen the environment as one of three objectives for its Well-being Plan for the next five years⁵. This is in recognition of a situation where natural resources are in decline in Gwent, the challenges of transitioning to a low carbon future are significant, and there is a need to prepare in areas such as housing to deal with climate instability. In its draft Gwent Well-being Plan, Gwent PSB is proposing the following steps:

1. Reduce the environmental impact of production and consumption.
2. Declare a nature emergency in Gwent.
3. Respond to the climate emergency and protect and prepare communities for the risk associated with climate change.
4. Explore and promote community energy projects.
5. Transform food transport and energy in Gwent.
6. Recognise biodiversity as an asset, addressing the root causes of biodiversity loss and better managing the pressures on natural environments.

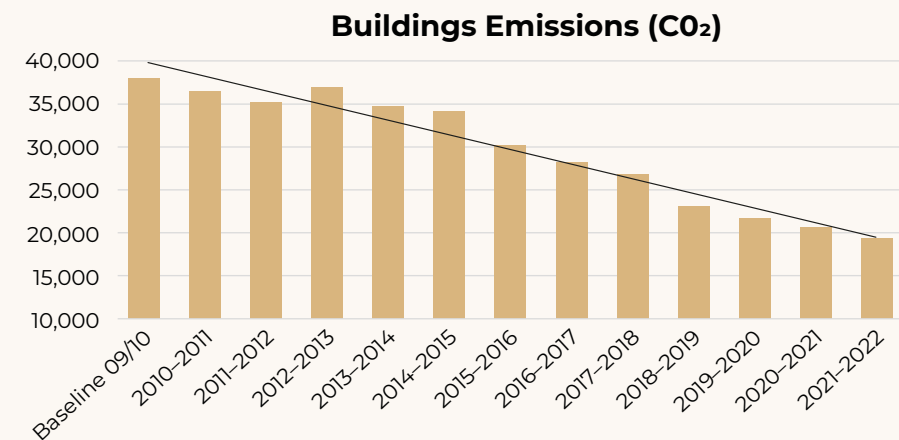
Case study: ABUHB Energy and Carbon Savings

The Health Board was awarded circa £2 million Welsh Government Estates Funding Advisory Board (EFAB) decarbonisation funding to implement a series of projects across the Health Board's estate, including:

- Building Management Systems (BMS) at Nevill Hall Hospital (NHH), Ysbyty Ystrad Fawr (YYF) and St. Cadoc's Hospital (SCH).
- LED lighting upgrades were installed at the three education centres (Royal Gwent Hospital, YYF, NHH) as well as street lighting upgrades at the Royal Gwent Hospital.
- A full LED lighting upgrade of Ysbyty Aneurin Bevan (YAB).
- Infrastructure upgrades to install "Pod Point" electric vehicle charging facilities for both staff and visitors at SCH, YYF, YAB and NHH.
- Installations also took place to facilitate a future transition to an all-electric facilities fleet, by installing charging points at each of the main hospital sites.

The Welsh Government funded programme is part of the wider ABUHB Decarbonisation Programme established to achieve the NHS Wales ambition of net zero by 2030. In 2021/22, ABUHB realised a 9% energy saving compared to the previous year and a 3.9% reduction on carbon emissions from building energy use, achieved through LED lighting replacements, continued optimisation of building management systems and agile working practices reducing building occupancy.

Figure 28: ABUHB Buildings Emissions (CO₂)



Source: ABUHB Energy strategy⁷



Chapter 11: Summary

Chapter 1: The Challenge

Inequities across Gwent have been amplified by the direct and indirect harms of COVID-19 and the cost of living crisis.

Mortality from COVID-19 has been highest in the most socio-economically deprived communities and there is now a 20 year difference in how many years women live in good health in the most and least socio-economically deprived communities.

Across Gwent, in the academic year 2020/21, the proportion of children age 4-5 years who were obese had increased to 18.35% from 11.8% in 2018/19, with the proportion being 21.1% in the most socio-economically deprived communities and 13.2% in the least.

The cost of living crisis means people are cutting back on buying food and keeping their home warm, with those on the lowest incomes cutting back most.

Chapter 2: The Marmot Principles

Working with Professor Sir Michael Marmot and his team at the Institute of Health Equity, Gwent has become a Marmot Region to work together to reduce inequities and build a fairer Gwent for all communities.

“Why treat people and send them back to the conditions that made them sick?”

The Marmot principles are the building blocks for a fairer Gwent and are informed by the **social determinants of health**, the ‘causes of the causes’ of ill health. They are:

1. Give every child the best start in life
2. Enable all children, young people and adults to maximise their capabilities and have control over their lives
3. Create fair employment and good work for all
4. Ensure a healthy standard of living for all
5. Create and develop healthy and sustainable places and communities
6. Strengthen the role and impact of ill-health prevention
7. Tackle racism, discrimination and their outcomes
8. Pursue environmental sustainability and health equity together





Chapter 3: Give every child the best start in life

The first, and most important, Marmot Principle is to give every child the best start in life.

The foundations for virtually every aspect of human development – physical, intellectual and emotional– are laid in the first thousand days of life, from a child’s conception to second birthday.

Inequities in child development during the early years have lifelong effects.

The highest rate of return on investment to reduce inequity across the life course is from preconception to age five

Reducing inequities in early child development needs collective action by all public service organisations in Gwent to:

- ensure a consistent, universal offer of high quality support for all families throughout the early years
- provide enhanced support for families that is proportionate to need, to ensure that children don’t get left behind.

Chapter 4: Enable all children, young people and adults to maximise their capabilities and have control over their lives

Reducing the large inequity in educational outcomes across Gwent is central to reducing inequities in adult employment, income, physical and mental health.

Children, young people and adults in all communities need to be enabled to maximise their cognitive and non-cognitive capabilities and fulfil their potential

Opportunities for lifelong learning and skills development need to be created and promoted across Gwent, not only in formal educational settings, but also in the workplace and in communities.

A starting point could be for organisations in Gwent to share good practice and align recruitment processes to make them as easy as possible for people in all communities.

Chapter 5: Create fair employment and good work for all

Being in good, fair employment is protective of health. Conversely, unemployment contributes to poor health.

Getting people into work is the first step to reducing inequity, but jobs also need to provide fair employment and good work that promotes wellbeing.

Public Health Wales (PHW) has published a framework that local and regional organisations can use to inform action to create fair employment for all [INSERT LINK](#).

Chapter 6: Ensure a healthy standard of living for all

Too many families across Gwent are experiencing poverty, including in-work poverty.

Organisations in Gwent can play their part to break the cycle of the negative impacts of poverty being passed on to future generations by:

- Purchasing goods and services locally in Gwent to strengthen local supply.
- Opening buildings and spaces to support local communities and staff.
- Widening access to good, fair work
- Ensuring that services across Gwent remain financially and physically accessible to all service-users
- Providing brief intervention and signposting service-users to help on financial inclusion, mental health and well-being, plus having referral pathways in place for support with fuel and food poverty.
- Supporting staff visiting service-users' homes to recognise and take action on the signs of fuel and food poverty and assist with access to social support

Chapter 7: Create and develop healthy and sustainable places and communities

Community-centered approaches are crucial to creating and developing healthy and sustainable places and communities.

In Gwent, the Integrated Well-being Network programme is taking a whole system, place based, approach to bringing together a wide range of assets to support community well-being and ill-health prevention

The Integrated Well-being Network programme objectives are:

1. To establish place-based co-ordination & development of well-being resources
2. To identify ways that hubs can be centres for well-being resources in the community
3. To develop the well-being workforce (people delivering services & support)
4. To ensure easy access to well-being information & support

Organisations in Gwent can help to create and develop healthy and sustainable places and communities by supporting achievement of the Integrated Wellbeing Network programme objectives



Chapter 8: Strengthen the role and impact of ill-health prevention

People in some communities in Gwent live more of their life in good health and live longer than in other communities in Gwent.

That difference can largely be explained by the difference in preventable risk factors for cardiovascular disease, cancers, chronic respiratory diseases, musculoskeletal disorders and mental ill health

Those preventable risk factors include smoking, physical inactivity, an unhealthy diet and drinking too much alcohol.

Organisations in Gwent can help to encourage healthy lifestyle behaviours and strengthen ill-health prevention by:

At an organisational level:

- Embedding a Make Every Contact Count approach across the organisation
- Achieving and retain the Platinum Corporate Health Standard
- Reviewing progress against the commitments in the Gwent Healthy Travel Charter

At a team level

- Enabling staff to make healthier choices whilst at work, through encouraging breaks, incorporating physical activity into the day, promoting healthy eating habits and access to the NHS stop smoking service, Help Me Quit

At an individual level

- Taking all opportunities to make healthy lifestyle changes.

Chapter 9: Tackle racism, discrimination and their outcomes

The 2020 Covid-19 Marmot Review identified a strong correlation between high risk occupations for exposure to COVID-19 and the proportion of people in those occupations from different minority ethnic backgrounds. Mortality data also showed that only about a half to two-thirds of the excess mortality among certain ethnic groups from COVID-19 could be attributed to socioeconomic characteristics.

In this context, tackle racism, discrimination and their outcomes was added as a further Marmot Principle in 2022.

To tackle racism and discrimination, organisations in Gwent can:

- Systematically gather ethnicity data by pay and grade, and to use this data to address wage gaps and inequalities in seniority
- Ensure legal equality duties are met in recruitment and employment practices, including pay, progression and terms
- Ensure equitable access to their services, informed by effective engagement with all ethnic minority populations in the development and delivery of services and interventions
- Improve their workforce's cultural literacy and invest in the human and other resources required for their workforce to be fully culturally competent and inclusive in their communications
- Ensure all significant policy and planning has equality built in from the start
- Provide public engagement which ensures that services are appropriate, acceptable and accessible to individuals of all ethnicities.

Chapter 10: Pursue environmental sustainability and health equity together

The 2020 and 2010 Marmot reviews identified climate change as a fundamental threat to health as well as an opportunity to reduce inequalities in non-communicable diseases by ensuring carbon reduction interventions reach people with the most potential to benefit.

The draft Gwent Public Service Board Well-being Plan is proposing the following actions:

1. Reduce the environmental impact of production and consumption.
2. Declare a nature emergency in Gwent.
3. Respond to the climate emergency and protect and prepare communities for the risk associated with climate change.
4. Explore and promote community energy projects.
5. Transform food transport and energy in Gwent.
6. Recognise biodiversity as an asset, addressing the root causes of biodiversity loss and better managing the pressures on natural environments.

Organisations in Gwent can pursue environmental sustainability and health equity together by ensuring carbon reduction interventions reduce inequities and don't increase them.

I'm very pleased to publish my last annual report: **Building a Fairer Gwent, why Gwent is a Marmot region**. This report builds on my previous reports highlighting the inequalities in health across our area and the causes of those inequalities. Which is why Gwent Public Service Board have made the decision for Gwent to become a region so that we can build a fairer Gwent, by working together.

This will be my last report and it has been an absolute privilege to be the latest in a long tradition of Directors of Public Health building on the tradition started 175 years ago with the first medical officer of health in Liverpool. I wish every success to Gwent Public Service Board and to those who are going to strive together to 'Build a Fairer Gwent'.



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