

# Working Together for a Healthier Wales: At a glance

Five Priorities. Five Solutions. One clear path to a healthier, fairer and more prosperous Wales.

A prevention focus for policies can deliver:



Healthier people



Stronger economy



Sustainable NHS



Every **£1** invested in prevention returns **£14** for society

Preventable differences in health remain a challenge for families, the economy and the NHS. **We need to overcome the health challenges Wales is facing:**

- **1 in 4** children grow up in **poverty**
- **7.2 million days lost through sickness** absence each year
- **18%** of homes pose **health risks**
- **50,000 more diabetes cases** expected in 10 years
- Nearly **£1 billion** a year – **health and productivity** costs of air pollution



**20-year gap**

in **healthy life expectancy** for women between the least and most deprived areas



**3x more**

**avoidable deaths** in our most deprived communities



**£322 million**

a year in **NHS hospital costs** driven by **health inequalities**

**These gaps are unfair and avoidable.**

# 5 priorities to make a difference. For longer, healthier lives and a fairer, more prosperous Wales.



## Best Start in Life

**Solution:** Ensure all families can easily access early years support based on family needs, not geography

Up to **£16.80 return for every £1 invested** in early years support



## Financial Wellbeing

**Solution:** Provide combined employment and health support so people can enter, remain in or return to work

**£9 return for every £1 invested** in workplace wellbeing



## Healthy Everyday Places

**Solution:** Increase the availability of healthy, affordable, warm and secure homes, especially social housing

**£4 return for every £1 invested** in improving warmth in vulnerable households



## Care Tailored to Local Need

**Solution:** Shift health spending towards prevention to create a truly preventative health service that treats the whole person

Up to **£23.70 return for every £1 invested** in physical activity advice from healthcare professionals



## Healthy Planet, Healthy People

**Solution:** Invest in safer active travel and climate-friendly public transport

**£5.62 return for every £1 invested** in active travel

### Public opinion supports prevention:

85%



say their financial position has shaped their health

78%



say their homes and communities have shaped their health

74%



say access to nature and outdoor space improves their health

80%



believe primary care has a role in reducing health inequalities

Let's make prevention the foundation of health in Wales. The time is now.