



Reducing alcohol intake



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Key messages

- There is no safe level of drinking.
- Reduce your health risks from alcohol:
 - Drinking less than 14 units per week (for all, including men and women). That's about a bottle and a half of wine or six pints of beer.
 - Having several alcohol-free days a week is a good way to cut down.
 - If you are pregnant, or there is a chance you could be, it is safest not to drink at all .

National signposting for alcohol

- Level 2 MECC module on Alcohol Brief Intervention: [MECC // Public Health Network :: E-Learning](#)
- **Dan 24/7, the free Wales Drug and Alcohol Helpline:** www.dan247.org.uk
Telephone: 0808 808 2234
- **NHS 111 Wales:** provides information, support and advice around alcohol and where to get help: NHS 111 Wales - [Living and Feeling Well : Alcohol](#)



Additional information

- 1 unit = 1/2 pint of beer, cider or lager; small (125ml) glass of wine; single (25ml) measure of spirits.
- Guidance is based on general adult population who do not report alcohol misuse.



Developing healthier food habits



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**Developing healthier eating habits means different things to different people.
Variety and balance in our diets is essential and can help us establish positive eating habits now and for our futures.**

Key messages

Mindful eating

- Being present and free from distractions while eating can promote healthier habits and greater awareness of hunger and fullness cues, helping you know when to start and stop eating.
- More info on mindful eating can be found here: [Mindful Eating - BDA](#)

Smarter Snacking & Portion Control

- Choose snacks lower in fat, sugar, and salt and eating these less often and in smaller amounts. Use smaller plates, measure portions, store leftovers, and check labels when eating out.

Drink Smart

- Pick low-sugar, low-fat drinks like water, lower-fat milk, or unsweetened plant milks, tea, and coffee without sugar or cream.
- Limit fizzy or energy drinks, smoothies, and sugary juices choosing smaller or sugar-free options where possible.

Eating Out

- Takeaways and restaurant meals can still be part of a healthy diet. Try to choose lean meats, add extra veg, pick tomato-based sauces, and swap chips for salad or veg sides.

National signposting for eating healthier

- [Level 1 and Level 2 MECC modules](#) on how to have healthy weight conversations.
- [The Eatwell Guide](#) shows the types of foods and drinks, and in what proportions, that make up a healthy balanced diet.
- [Food Facts - BDA](#)
- [Healthy Weight Healthy You](#) Everyone's weight management journey is different and so too are the solutions to achieving and maintaining a healthy weight is a unique offer tailored to your needs.
- [NHS Wales 111: Healthy Eating](#)
- [Nutrition Skills for Life](#)
- [Healthy Start Scheme](#): vouchers available for families who meet eligibility criteria.



Apps (available online and via app stores)

- <https://www.mydesmond.com/home/> for people living with Type 2 diabetes.
- [Foodwise For Life on the App Store](#) or [Foodwise for Life - Apps on Google Play](#)
- [Foodwise in Pregnancy - Apps on Google Play](#) or [Foodwise in Pregnancy on the App Store](#)





Improving mental health and wellbeing



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Mental wellbeing is fundamental to our overall health. It influences, and is influenced by how we think, feel and act. A state of positive mental wellbeing can be considered as “feeling good and functioning well”. It can drive positive health behaviours and positive physical and mental health outcomes.

Prioritising mental wellbeing

- While many people want to look after their mental wellbeing, they often face practical, emotional, or systemic barriers such as time constraints, stigma, lack of confidence, or cultural beliefs.
- Recognising and acknowledging these barriers is essential.
- At the same time, it's equally important to highlight key enablers such as supportive relationships, healthy daily habits, and knowing where and how to access help.
- By supporting people to overcome the barriers they face and recognise what helps them, we can empower them to prioritise their mental wellbeing. This, in turn, strengthens their ability to achieve better health outcomes—for themselves, their families, and those they support.

Everyday ways to support your wellbeing

Simple daily actions can make a big difference to how we feel:

- **Connections:** Spend time with friends, family, or your community. Meaningful relationships help us feel valued, supported, and connected.
- **Physical health:** Find movement you enjoy—walking, dancing, gardening, or anything that gets your body moving. Physical activity supports both mental and physical wellbeing.
- **Our thoughts and feelings:** Practice mindfulness. Take time to notice your thoughts, emotions, and the world around you—without judgement.
- **Practice Gratitude:** Notice and appreciate the good things in your life, even small ones. Writing down three things you're thankful for each day can make you happier and more resilient.

- **Learning:** Try something new, take on a responsibility, or rediscover a past interest. Learning can boost self-confidence and keep your mind active and engaged.
- **History and heritage:** Appreciating and learning about our histories and heritage can build a sense of belonging and identity, positively impacting how we feel about ourselves and our lives.
- **Creativity:** Being creative helps us express ourselves, build skills, and feel more connected to others. Creativity is unique to each of us—whether it’s baking, gardening, painting, or writing, find what brings you joy.
- **Hobbies and interests:** Engaging in hobbies or learning something new can calm the mind and help us enter a state of flow—where we feel focused, present, and fulfilled.
- **Nature:** Spending time in nature supports our mental wellbeing. It’s not just about being outdoors, but also how we connect with and experience the natural world around us.

Talking about mental wellbeing

- Creating safe spaces to talk about feelings can be life changing.
- Ask how someone is really doing. If they respond with “I’m fine,” try asking again with empathy.
- You don’t need to fix things. Simply being there to listen, without judgement, can be incredibly powerful.

National signposting for mental wellbeing

- [Hapus](#): a central hub offering information and practical tools to help individuals take action to improve their mental wellbeing.
- [NHS 111 Wales](#): Encyclopaedia of mental health and wellbeing support services/resources. For urgent mental health support with a mental health worker in your area, call NHS 111 and press OPTION 2.
- Welsh Ambulance Service: [Free MH resource leaflet available](#)
- CALL Mental Health Community advice and listening line: Visit <http://callhelpline.org.uk> , call 0800132737, or text “help” to 81066.
- [Add to your life](#): online health assessment specifically designed for people on waiting lists, aimed at providing tailored feedback and resources to help take positive steps to improving physical health and mental wellbeing.
- [MIND](#): tips for everyday living.





Being physically active



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Physical activity contributes to wellbeing and is essential for good health. It can reduce the risk of many chronic conditions like coronary heart disease stroke, type 2 diabetes, cancer, obesity, mental health problems and musculoskeletal conditions.

Key messages

- Be more active - there are lots of different ways to be active. It is best to choose one you enjoy.
- Moving just a little more each day soon builds up.
- Make a start today - it's never too late.

Additional information for physical activity key messages

- It is recommended that adults do at least 150 minutes of moderate intensity per week (brisk walking, swimming, cycling) or at least 75 minutes of vigorous intensity per week (interval/HIIT training). Or a combination of both.
- Build strength on at least 2 days a week to support healthy bone and muscle development, which helps with increasing stability and to prevent osteoarthritis.
- Improve balance on at least 2 days for older adults, to reduce likelihood of frailty and falls.
- Sit less. It is important to reduce the amount of time we are inactive. Try taking breaks from sitting down every 30 minutes of so and doing some form of movement like stretching or walking around for a minute.
- More information can be found here: [UK Chief Medical Officer guidelines for adults and older adults](#)

National signposting for physical activity

- [Wales National Exercise Referral Scheme \(NERS\)](#): Public Health Wales.
- For individuals managing long terms condition(s): [We Are Undefeatable](#) can suggest ways to move and be active.
- [NHS Live Well](#): webpage provides guidelines and workouts to improve your fitness and wellbeing.



Cynllun Atgyfeirio Cleifion
i Wneud Ymarfer Corff Cymru
Wales National Exercise
Referral Scheme (NERS)

**WE ARE
UNDEFEATABLE**



Quitting Smoking



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Smoking is the leading cause of preventable ill health and premature death in Wales.

Key messages

- Quitting smoking is the single most beneficial thing you can do to improve your health, at any age and the benefits begin immediately.
- It is never too late to quit.
- You are three times more likely to quit with Nicotine Replacement Therapy (NRT) and behavioural support from Help Me Quit (HMQ).
- You could save up to £4,500 a year by quitting smoking for good.

National signposting for smoking cessation

- **HMQ:** you can gain access to free stop smoking medication and expert support to help you quit smoking for good.
 - Call: Help me Quit 0800 085 2219
 - Text: HMQ to 80818
 - Visit: <http://www.helpmequit.wales/>
- **Passive smoking** - NHS www.nhs.uk



E-Cigarettes (Vapes)

Vapes should only be used by adults who are trying to quit smoking. While they are substantially less harmful than smoking, they are not risk-free and should never be used by children or young people, especially those who have never smoked.

Key messages

- Vaping is significantly less harmful than smoking, but it is not risk-free.
- Most vapes contain nicotine, a highly addictive substance that can lead to rapid dependence, withdrawal symptoms, and cravings.
- Nicotine dependency is increasingly affecting young people in Wales, with reported impacts on health and wellbeing.
- Switching entirely to vaping can help some adult smokers quit more effectively than other cessation methods.
- Children and young people should not vape under any circumstances. It is illegal to sell vapes to under-18s.

National signposting to support

- Call: Help me Quit 0800 085 2219
- Text: HMQ to 80818
- Visit: [How to Quit Vaping – Help Me Quit](#)



Taking part in screening programmes



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Screening looks for early signs of a disease or condition in people who do not have symptoms. People are offered information, further tests and appropriate treatment to reduce their risk and/or any complications.

In Wales, we offer antenatal, newborn bloodspot and newborn hearing screening to women and people who are pregnant and their babies. We also offer breast, bowel, cervical, abdominal aortic aneurysm and diabetic eye screening to people who are eligible.

Key messages

- Finding a condition early gives the best chance of early treatment and survival.
- A person may feel well even if they have early signs of a disease or condition.
- Taking part in screening is something people can do to look after their health.



Sgrinio Llygaid Diabetig Cymru
Diabetic Eye Screening Wales

Sgrinio Cyn Geni Cymru
Antenatal Screening Wales



Sgrinio Smotyn Gwaed
Newydd-anedig Cymru
Newborn Bloodspot
Screening Wales



Sgrinio Clyw Babanod Cymru
Newborn Hearing Screening Wales



Sgrinio Serfigol Cymru
Cervical Screening Wales



Sgrinio Coluddion Cymru
Bowel Screening Wales



Rhaglen Sgrinio
Ymlediadau Aortig
Abdomenol Cymru
Wales Abdominal
Aortic Aneurysm
Screening Programme

National signposting for screening

- [Public Health Wales Screening](#): more information about screening in Wales.
- [Public Health Wales Screening Promotional Resources](#): free bilingual screening resources are available to download and share.
- [Public Health Wales Awareness Training](#): for those who have an active role in promoting health in their community of workplace.
- Public Health Wales Screening Engagement: contact us for more information about how you can raise awareness of screening [screening.Engagement@wales.nhs.uk](mailto:screening.engagement@wales.nhs.uk)



Being aware of the importance of immunisations and vaccinations



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Vaccines are available to protect against a number of serious diseases, including meningitis, COVID-19, flu, measles, whooping cough and cervical cancer. Some vaccines are recommended for everyone, and some are for those at highest risk of the disease or illness.

Key messages:

- It is important to keep up to date with your vaccinations.
- Vaccination is one of the best ways to protect ourselves and those we care for from some serious diseases.
- It is never too late to catch up on recommended vaccinations.
- Certain life events such as being pregnant, starting school or going abroad will mean vaccinations are recommended.
- Vaccinations are safe, effective and they save lives.
- Watch this video on the importance of vaccines: [Importance of Vaccines | Public Health Wales](#)

National signposting for vaccinations:

- <https://phw.nhs.wales/topics/immunisation-and-vaccines>:
PHW Immunisation and Vaccination webpage



Pregnancy



Babies and pre-school



School age children and young people



Adults