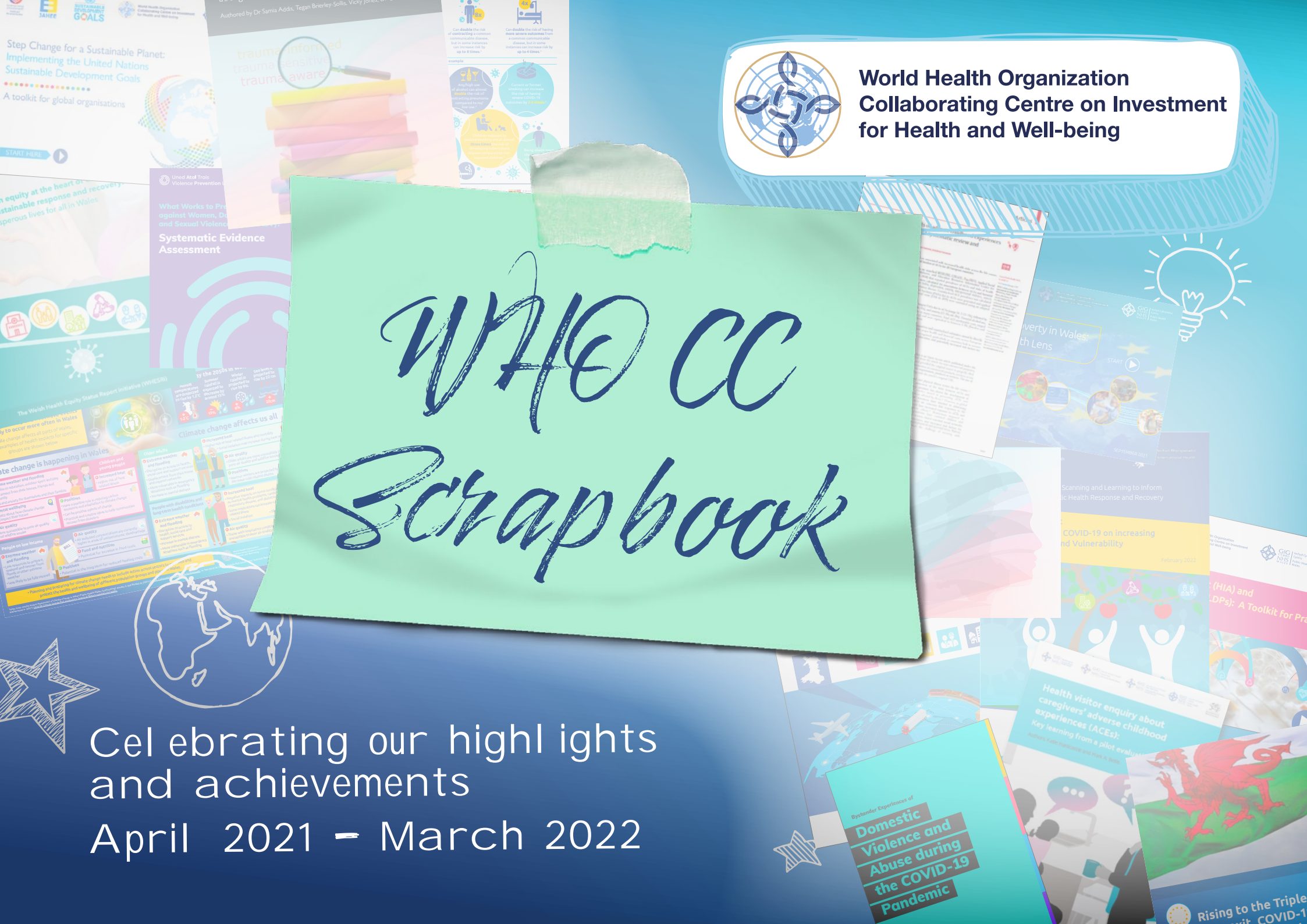




**World Health Organization  
Collaborating Centre on Investment  
for Health and Well-being**

# WHO CC Scrapbook

Celebrating our highlights  
and achievements  
April 2021 – March 2022



# March / April

## Welsh Health Equity Status Report

**Authors:** Mariana Dyakova, Lauren Couzens, James Allen, Mischa Van Eimeren, Anna Stielke, Andrew Cotter-Roberts, Rajendra Kadel, Benjamin Bainham, Kathryn Ashton, Daniela Stewart, Karen Hughes, Mark Bellis

On 18th March 2021, the Welsh Health Equity Status Report, LEAVING NO ONE BEHIND: Placing health equity at the heart of the COVID-19 sustainable response and recovery in Wales, was published by the International Health team and aims to help inform and support a sustainable response and recovery from Coronavirus (COVID-19) in Wales, placing health equity at its heart. It reinforces our understanding of how interdependent individual and societal well-being, and the wider economy are, towards achieving prosperity for all. The report also contributes to strengthening the leading role of Wales at the forefront of the health equity and sustainable development agenda in Europe and globally. Following the launch of the first report of the Welsh Health Equity Status Report initiative (WHESRI) in March 2021, the International Health team published the accompanying Technical Supplement on 10th May 2021. The supplement details the data sources, methods of analysis and indicators used throughout the WHESRI report and captures limitations, caveats, assumptions and notes for interpretation, as well as a link to the original data source, if available.

WHESRI has been included in the WHO Regions for Health Network weekly update (11.05.21), the EuroHealthNet Health Equity Newsletter (07.04.21) and was mentioned in [a news piece on Health Equity for World Health Day, 8th April 2021](#), on the WHO Regional Office for Europe website.

### Leaving No-one Behind - Webinar Launch

Embracing the theme of Leaving No One Behind and as part of European Public Health Week 2021, the International Health team led on a co-hosted a webinar with Public Health Network Cymru focused on the findings from Placing health equity at the heart of the COVID-19 sustainable response and recovery: Building prosperous lives for all in Wales, the first report developed as part of the Welsh Health Equity Status Report initiative. The webinar took place on 21st May 2021 and included a wide global audience.



# May



## People's Mental and Physical Health Declined during the pandemic

In results from the latest national public engagement survey published on the 24th May 2021, 42 per cent of people surveyed thought their mental health is worse now than it was before the pandemic, with females and younger adults more likely to report this than others, and 38 per cent felt that their physical health is worse now. Professor Mark Bellis, Director of Policy and International Health at Public Health Wales, said: ***"People are already starting to report lower feelings of isolation and higher levels of happiness as they begin to come out of the pandemic restrictions. However, results also shows what a negative effect the last year has had on people's general health and wellbeing."***

***"In particular people from deprived areas, younger people and women are more likely to report negative effects on different aspects of their physical and mental health. These results show us that we must do all we can to now support people's recovery from the wider effects of the pandemic, to ensure a successful recovery and a future of good health and wellbeing across all our communities."***

## Be the Change - Sustainable and Agile Working Guide

The Health and Sustainability Hub developed resources, which were launched this week commencing the 19th May, as part of European Public Health Week #EUPHW The 'Be the Change - Sustainable Home and Agile Working' e-guide provides small sustainable steps for home and agile working, to help individuals reduce their impact on the environment.



## Be the Change Well-being Goals Challenge

The 'Be the Change Well-being Goals Challenge' sets out six separate behaviour change challenges to encourage us to act and live more sustainably.



21st May 21

## Public Engagement Survey: Week 58 Report

Around 18,000 Welsh residents have participated in the national public engagement survey since it began in April 2020. The latest survey report looks at trends in responses to selected questions over the pandemic period, including worry about coronavirus, vaccine acceptance, and mental and physical health. It also looks at socioeconomic differences in responses to these questions and additional questions asking how people's health and wellbeing has changed since before the pandemic.

[Read the report and our other resources on the WHO CC Database Repository.](#)



# May

## Influencing Policy Courses

At the start of May, the Polisi Team facilitated two training sessions for Public Health Wales colleagues on 'Influencing the Policy Agenda: Practical Skills', presented by Julie Barratt. Originally scheduled to be one session, the session was in such demand across the organisation that the team added a second session later in the same week – and still there was a reserve list! Julie provided an overview of the policy and legislative context in Wales, and used a practical case study to underpin lessons on how individuals and organisations go about influencing policy development. Feedback from the sessions has been extremely positive, with repeat sessions currently being planned for October 2021.



*Llywio, dylanwadu ar a chydweithio  
ar gyfer iechyd y cyhoedd yng Nghymru  
Informing, influencing and collaborating  
for public health in Wales*

13th May 21

## International Health Horizon Scanning - Report 28

To understand, mitigate and address unprecedented challenges from the COVID-19 pandemic in Wales, a joined-up, collaborative, timely, and evidence-informed public health action is essential across all governance levels, sectors and stakeholders, nationally and internationally. Continuous and timely learning from the experience of other countries and the emerging evidence and

guidance, provided by key international organisations, is critical to inform such actions, approaches and decision-making processes in Wales. The International Horizon Scanning and Learning work stream was initiated to inform the evolving COVID-19 public health response and recovery plans in Wales. It focuses primarily on COVID-19 international evidence, experience, measures as well as transition and recovery approaches, to understand and explore solutions for addressing the on-going and emerging health, wellbeing, social and economic impacts (potential harms and benefits). The latest report focuses on: long COVID-19 and telework due to COVID-19. All other reports to date can be found on our WHO CC repository site.



# June

## The impact of covid-19 on children and young people's experience of violence and aces

**Author:** Bryony Parry

**New research:** The impact of COVID-19 on children and young people's experience of violence and ACEs. Vital research by the Wales Violence Prevention Unit, funded by Public Health Wales, highlights the need for early intervention, accessible information and continued sustainable funding for services supporting children and young people as Wales re-opens. As the nation rolls out its pandemic recovery plan, most of us are enjoying some sense of normality return. However, for children and young people, the restrictions needed to control COVID-19 could leave a lasting and potentially devastating impact on their mental and physical health.

[Download the report and infographic here.](#)



## Children and Young People's Mental Health and Wellbeing during the pandemic

A new report, published by Public Health Wales, identifies a range of activities and behaviours that helped young people deal with the difficult changes to their lives during the Coronavirus pandemic. Spending time outside, keeping physically active, engaging in creative activities and hobbies, establishing routines, maintaining contact with friends online and being aware of the nature of Coronavirus and how to prevent its spread all helped reduce the negative mental health impacts of the pandemic. More information is available on our website.



*"We are grateful to Dr Sumina Azam, Nerys Edmonds and Liz Green (WHO Collaborating Centre on Investment for Health & Well-being, Public Health Wales) for their helpful comments at all stages of this work."*

*The Alma Economics project team*

## Health visitor enquiry about caregivers' adverse childhood experiences (ACEs): Key learning from a pilot evaluation

In June, we published the report 'Health visitor enquiry about caregivers' adverse childhood experiences (ACEs): Key learning from a pilot evaluation'. The report considers the feasibility and acceptability of ACE enquiry within routine health visiting contacts, from both the practitioner and service user perspective, and examines the impact of the implemented enquiry model on practitioner awareness and skills, the service user-practitioner relationship, and the health and wellbeing of families. The report is accompanied by an infographic.

[They can be accessed here.](#)



# June

## #SAFETOSAY – Wales Violence Prevention Unit launches campaign to prevent sexual harassment and violence in nightlife

The Wales Violence Prevention Unit (VPU) have partnered with the Good Night Out Campaign to deliver a campaign which addresses sexual harassment in the night time economy, with support from Welsh Women's Aid.

To support industry partners in re-opening the night-time economy (NTE) safely, South Wales Police requested the Wales Violence Prevention Unit (VPU) consider a campaign focused on sexual violence prevention in the context of the night time economy. This aligns with South Wales Police's VAWG Joint Strategy 2019-2024 as it is encouraging collaboration between organisations, encourages early intervention to prevent the sexual harassment behaviour escalating into sexual violence, has the potential to safeguard the victims, and draws bystander attentions to the behaviour of the perpetrator.

This campaign seeks to prevent sexual violence by establishing a cultural shift in attitudes towards sexual harassment and violence. Research demonstrates that sexual violence stems from beliefs and attitudes towards other people, which are cultivated through exposure and repeated reinforcement by those around them. These beliefs and attitudes progress into verbal expression (e.g. sexual harassment and jokes) which, without intervention, can progress into physical expression (e.g. physical and sexual assault 2012). This means that sexual harassment, when unchallenged, can result in sexual violence.

The campaign seeks to prevent sexual harassment by encouraging pro-social and active bystander responses toward individuals who demonstrate inappropriate and harmful behaviours. More specifically, the campaign seeks to encourage and equip people to speak up about sexual harassment in nightlife, by providing them with the awareness needed to identify behaviours that are problematic, and the skills to challenge or divert away from perpetrator/potential perpetrator behaviour in a non-confrontational way and without using violence.

The campaign is being delivered online (Facebook, Instagram and Snapchat) and offline, through digivans, parking meter adverts, and bus street liners (located in Cardiff and Swansea).

**[Visit the campaign website for more information and to download the Active Bystander Toolkit.](#)**



# June

## June 21 Public Health Engagement Survey

The latest Public Health Wales public engagement survey results are in, and between 7 - 13 June 2021, of the 600 people surveyed, we found:

- 15 per cent of people said they had been worrying 'a lot' about their mental health and wellbeing in the last seven days; down from 20 per cent in week 58
- 35 per cent of people had been out to eat, in either a café, pub or restaurant in the last seven days.
- 88 per cent of people said they understood the current restrictions in place in Wales either quite well (45 per cent) or very well (43 per cent)
- 77 per cent agreed that the current restrictions are 'about right'
- 50 per cent of people disagreed with the statement that most people are following social distancing guidelines (39 per cent agreed)
- 35 per cent of people said they had come into close contact (meaning within one metre) with more than 10 people from outside their household in the last seven days.



For the full story and results, view our [website](#).

### How are we doing in Wales?

Public Engagement Survey on Health and Wellbeing during Coronavirus Measures

Week 62 (7<sup>th</sup> to 13<sup>th</sup> June 2021)



### Key findings from week 62

600 Welsh residents aged 18 years and over were interviewed in week 62 of the survey (7<sup>th</sup> to 13<sup>th</sup> June 2021).

42%

of people said they were not at all worried about catching coronavirus, up from 30% in week 58.

43%

of people said they understood the restrictions in place in Wales to reduce the spread of coronavirus 'very well'; a decrease from 51% in week 58.

50%

of people disagreed with the statement "I think most people are following social distancing guidance".

35%

of people said they had come into close contact with more than 10 people from outside their household in the last seven days (meaning within one metre).

35%

of people said they had been out to eat at a café, pub or restaurant in the last seven days.

15%

of people said they had been worrying 'a lot' about their mental health and wellbeing in the last 7 days; down from 20% in week 58.

## Ace support hub #timetobekind campaign

The ACE Support Hub public awareness campaign concluded in May. The campaign included a film that was shown on ITV, S4C in prime time slots, social and digital media and the involvement and support of stakeholders across Wales.

#TimeToBeKind

Highlights from the campaign include a BBC Radio Wales story interviewing Director Jo Hopkins about the campaign and taking to a Newport charity Positive Futures and young people they work with about the importance of kindness.

Two schools in North Wales, Ysgol Bryn Coch and Ysgol San Sior developed and promoted their own resources to spread the message about kindness and compassion with local media coverage and a story on ITV Wales.

Overall at the end of the campaign there were over 2.8million impressions on social media, the film was viewed over 228,000 times and our website [www.acesawarewales.com](http://www.acesawarewales.com) had over 3,000 visits and over 7,000 page views.

The full evaluation of the campaign will be available shortly and we are working with PHW and Bangor University researchers, to measure the impact of the film from the results of a survey completed by over 350 respondents.

View the North Wales media coverage [here](#) and [here](#).

Watch the campaign film:

# June

## Trauma sensitive training report

The ACE Support Hub have worked collaboratively with Platform for Mental

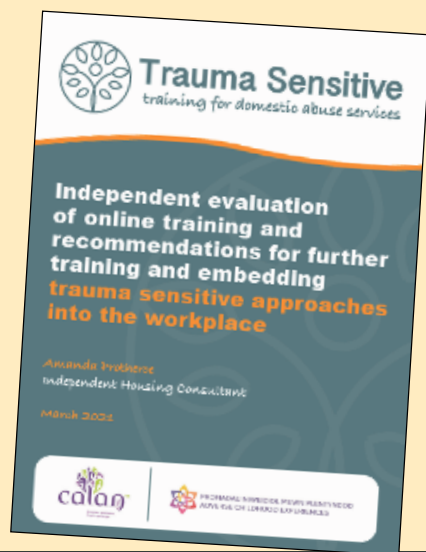
Health and Calan DVS to develop a trauma sensitive 4-day training programme specifically for Calan's frontline staff and managers. The development of this programme also included survivor consultations together information from those with lived experience which went onto inform the structure of the programme.

This training programme was aimed at those staff/services wanting to gain a deeper understanding of Psychologically Informed Environments, ACE awareness and the impact of trauma.

Vulnerability to poorer quality of life measures is increased via exposure to certain experiences, and quite often this can be impacted upon in our early years. The need for, and experience of safety is vital to our health and wellbeing and our capacity to emotionally self-regulate. When this is not experienced, it can have a profound effect on our physiological, psychological and emotional response to stimulus and can often present as challenging behaviour when in fact it is often the adult manifestation of a childhood disrupted.

This training programme offered delegates the chance to consider issues that shape behaviour such as ACEs attachment and Trauma and consider the evidence base for a compassionate and psychologically informed response for women who have experienced abuse, so that our work offers a chance for healing and reparation.

To find out more, you can access the report on the ACE Aware Wales website [here](#).

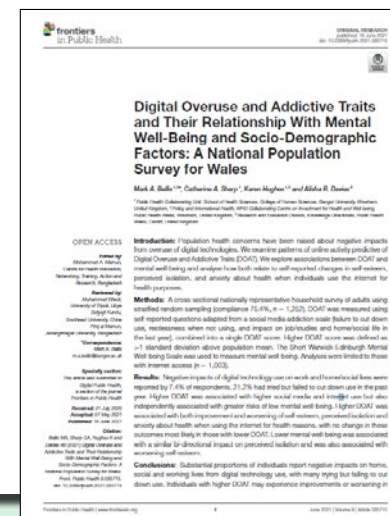


16th June 2021

## Digital overuse and addictive traits and their relationship with mental Well-being and socio-demographic factors

### Frontiers | Digital Overuse and Addictive Traits and Their Relationship With Mental Well-Being and Socio-Demographic Factors: A National Population Survey for Wales | Public Health (frontiersin.org)

Population health concerns have been raised about negative impacts from overuse of digital technologies. We examine patterns of online activity predictive of Digital Overuse and Addictive Traits (DOAT). We explore associations between DOAT and mental well-being and analyse how both relate to self-reported changes in self-esteem, perceived isolation, and anxiety about health when individuals use the internet for health purposes. Negative impacts of digital technology use on work and home/social lives were reported by 7.4% of respondents. 21.2% had tried but failed to cut down use in the past year. Higher DOAT was associated with higher social media and internet use but also independently associated with greater risks of low mental well-being. Higher DOAT was associated with both improvement and worsening of self-esteem, perceived isolation and anxiety about health when using the internet for health reasons, with no change in these outcomes most likely in those with lower DOAT. Lower mental well-being was associated with a similar bi-directional impact on perceived isolation and was also associated with worsening self-esteem.





# June

27th June 2021

## Adult support during childhood: a retrospective

### study of trusted adult relationships, sources of personal adult support and their association with childhood resilience resources.

[Adult support during childhood: a retrospective study of trusted adult relationships, sources of personal adult support and their association with childhood resilience resources | BMC Psychology | Full Text \(biomedcentral.com\)](#)

Adverse childhood experiences (ACEs) can affect health and well-being across the life course. Resilience is an individual characteristic that is known to help negate the effect of adversities and potentially transform toxic stress into tolerable stress. Having access to a trusted adult during childhood is critical to helping children build resiliency. Here, we aim to understand the relationship between always having access to trusted adult support and childhood resilience resources, and examine which sources of personal adult support and the number of sources of adult support, best foster childhood resilience.

22nd June 21

## Adopting basic income scheme in wales could improve health for all

A new report, published today, by Public Health Wales suggests that a basic income scheme in Wales could be a catalyst for better health and well-being outcomes for all. But what is basic income and what does it have to do with good health?

To find out more, check out author Adam Jones' explainer video on the staff Facebook page, or view the news story on our website [here](#).

The report 'A basic income to improve population health and well-being in Wales?' considers a range of evidence and explores the potential impacts on health and well-being. It also looks into the different approaches to policy design and implementation internationally.

Report author Adam Jones, Senior Policy Officer for Public Health Wales, said: ***"How well a basic income scheme works would certainly depend on how it's designed and delivered.***

***"How much income it provides, who is eligible for the income, and how long the scheme is designed to last are all crucial factors in determining outcomes.***

***"The protection and improvement of Wales' health is at the heart of everything we do at Public Health Wales. Evidence suggests that members of society would benefit from an income that supports their health and wellbeing and allows them to contribute to society and flourish.***



# July



•Canolbwynt Iechyd  
a Chynaliadwyedd  
Health and  
Sustainability Hub



GIG  
Cymru  
NHS  
Wales  
Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales



## GREEN OPPORTUNITIES

Supporting Wales' COVID-19 *Green Recovery* by identifying opportunities to support population health through sustainable means

1st July 2022

### 'Step change for a sustainable planet' sustainable development toolkit

Authors, Sara Peacock, Richard Lewis, Tracy Evans, Angie Kirby

The Health and Sustainability Hub produced the 'Step Change for a Sustainable Planet' toolkit through the JAHEE (Joint Action on Health Equity Europe) programme, to support global organisations and their staff to respond to the United Nations' Sustainable Development Goals.

In setting the background, the toolkit advocates for a 'health in all policies' approach, and considers the impact of COVID-19 on the global goals. Sustainable case studies are highlighted across the recognised five levels for sustainable change (country, system, organisation, team and individual levels), and a range of practical and graphical resources are featured, including products from the Office of the Future Generations Commissioner for Wales and Public Health Wales.



22nd July 2021

### Green opportunities summer 2021 e-briefing

Green Opportunities Summer 2021 - World Health Organization Collaborating Centre On Investment for Health and Well-being ([phwwhocc.co.uk](http://phwwhocc.co.uk))

The Health and Sustainability Hub publish Green Opportunities, a quarterly e-briefing which captures learning and identifies best practice to support the implementation of the Well-being of Future Generations Act through a green recovery from COVID-19, given the challenges and inequalities which the pandemic has further exposed.

The summer 2021 edition focuses on active and sustainable travel. Hopefully, you will find inspiration on a range of sustainable opportunities to contribute towards a healthy, fair and sustainable future for Wales.

For the full e-briefing please click [here](#).

# July

## Using health impact assessment (HIA) to understand the wider health and well-being implications of policy decisions: the covid-19 'staying at home and social distancing policy' in wales

Liz Green and Kath Ashton have published a journal paper on 'Using health impact assessment (HIA) to understand the wider health and well-being implications of policy decisions: the COVID-19 'staying at home and social distancing policy' in Wales'

Health Impact Assessment (HIA) is promoted as a decision-informing tool by public health and governmental agencies. HIA is beneficial when carried out as part of policy development but is also valuable as a methodology when a policy is being implemented to identify and understand the wider health and well-being impacts of policy decisions, particularly when a decision needs to be taken rapidly to protect the population. This paper focusses on a HIA of the 'Staying at Home and Social Distancing Policy' or 'lockdown' in response to the COVID-19 pandemic in Wales conducted by the Welsh national public health institute. It describes the process and findings, captures the learning and discusses how the process has been used to better understand the wider health and well-being impacts of policy decisions beyond direct health harm. It also examines the role of public health institutes in promoting and using HIA.

1st July & 22nd July

## Horizon Scanning Reports

The International Horizon Scanning and Learning work stream was initiated as a product of, and to inform upon, the evolving COVID-19 public health response and recovery plans in Wales. It focuses on COVID-19 international evidence, experience, measures and transition/recovery approaches, to understand and explore solutions for addressing the on-going and emerging health, wellbeing, social and economic impacts (potential harms and benefits).

The two most recent reports published by the International team include the publication on the 1st July and 22nd July.

**Report 30** 1st July 2021

### Topics of focus:

COVID-19 impact on education and schooling practices.  
Environmental impact of COVID-19.

Country insight: South Africa.

**Report 31** 22nd July 2021

### Topics of focus:

The impact of COVID on employment security.  
Recognition of long COVID.  
Country insight: Japan.



## Public health engagement survey

Two more reports were published in July for the Public Engagement Survey.

### Week 66 Report

23rd July 2021

### Week 68 Report

30th July 2021

# July

## Uncharted Territory Review

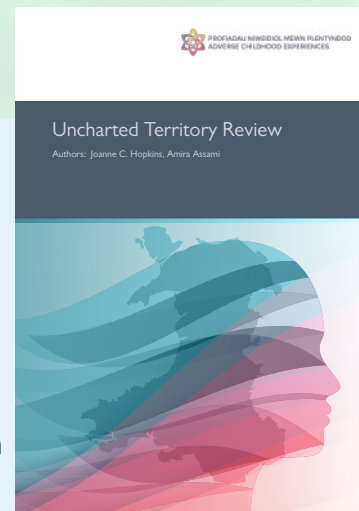
**Authors:** Joanne C. Hopkins, Amira Assami

In 2013, The Welsh Strategic Migration Partnership (WSMP), with funding from the Home Office and support from Welsh Government, commissioned research into violence against migrant, refugee and asylum seeking women and girls in Wales. This research looked at the WSMP's identification of gender-based violence as a serious issue for women and girls within asylum seeking, refugee and migrant communities, further complicated through barriers to accessing support and protection.

This timely new review led by the ACE Support Hub, provides an update on the recommendations of the original report but also reflects on the progress made in the light of the experience of the COVID-19 pandemic. It has found that whilst gaps remain, there has been some real progress made in terms of policy legislation in both Wales and the wider UK. Report author Amira Assami said: ***"The Uncharted Territory report remains the only research in Wales that explored violence against migrant, refugee and asylum seeker women and girls. However, despite significant developments in policy and legislation by both the UK and Welsh Governments since 2013, there is still work that needs to be done. This review explored further the realities facing migrant, refugee and asylum seeker women and girls, especially during the COVID-19 pandemic which exacerbated their vulnerabilities."***


***I am optimistic that the outcome of the current review will better inform the UK and Welsh policy and practise and act as a stepping stone for further research to prevent Violence Against Women and Girls in all communities and enhance the support services available for this group".***

The report will help inform the development of the new Welsh Government Strategy on Violence Against Women, Domestic Abuse and Sexual Violence as well as the commitment for Wales to become a Nation of Sanctuary.



## Case study on advocacy for investing in wellbeing and health equity

Congratulations to Anna Stielke, Mariana Dyakova and Kath Ashton on the publication of the Case Study on Advocacy for investing in wellbeing and health equity in the World Federation of Public Health Associations' Casebook on Advocacy in PublicHealth.

 World Federation of Public Health Associations  
@WFPHA\_FMASP

 "Making the Case for Sustainable Investment in Well-Being & Health Equity: A Practical Guide for Advocacy" by Anna Stielke, Kathryn Ashton, & Mariana Dyakova of @phwwhocc.

Great contribution to  "Casebook on Advocacy in Public Health"   
[wfpha.org/casebook-on-ad...](http://wfpha.org/casebook-on-ad...)



# August

17th August 2021

## Perceptions of a short animated film on adverse childhood experiences

**Authors:** Kat Ford, Mark A Bellis, Kate R Isherwood, Karen E Hughes

The paper 'Perceptions of a short animated film on adverse childhood experiences: a mixed methods evaluation' was published on the 17th August in the BMJ Open. Following ACE prevalence studies in Wales and England, a short animated film on ACEs was developed by Blackburn with Darwen (BwD) Borough Council and Public Health Wales (PHW). The film was designed to act as a professional training tool to communicate information on ACEs, their potential to damage health across the life course and the roles that different agencies can play in preventing ACEs and supporting those affected by them. For the full article click [here](#).

### ABSTRACT

**Objectives** An evaluation of a short animated film on adverse childhood experiences (ACEs) to explore attitudes and sentiment towards the film including, for a subsample of professionals, associations between attitudes and personal experience of ACEs.

**Design** Mixed-method exploratory design.

**Setting** Professionals and the general public.

**Participants** A short online survey with 239 professionals. Interaction and user sentiment towards with the film on social media (Twitter, YouTube).

**Primary and secondary outcome measures** Survey: participants' attitudes towards the film including feelings invoked, learning gained and ACE count prevalence. Twitter user and YouTube viewer sentiment (positive, negative or neutral) and interaction (likes, retweets or comments) with the film.

**Results** Attitudes to the film were positive: 94.1% and 93.7%, respectively, agreed that it provided a helpful explanation of ACEs and trusted that the film was credible. Of those who reported ACE exposure, 88.9% agreed that those with ACEs would benefit from watching the film. Despite 50.6% reporting that the film had made them feel sad or upset, the majority (66.4%) reported they found the film hopeful or encouraging. Across 358 publicly available tweets from 313 users, 39.1% of tweets expressed positive sentiment, with only 1.4% negative (59.5% neutral). However, there was no association between tweet sentiment and interaction. Thirteen YouTube versions of the film received 171 812 views, 97.3% (n=889/914) ratings were positive (ie, 'thumbs up').

12th August 2021

## Latest horizon scanning

### Topics of focus:

The Impact of Covid-19 on Vulnerable Groups  
Mental health service recovery from Covid-19

The International Horizon Scanning and Learning work stream was initiated as a product of, and to inform upon, the evolving COVID-19 public health response and recovery plans in Wales. It focuses on COVID-19 international evidence, experience, measures and transition/recovery approaches, to understand and explore solutions for addressing the on-going and emerging health, wellbeing, social and economic impacts (potential harms and benefits).



International Horizon Scanning and Learning to Inform  
Wales' COVID-19 Public Health Response and Recovery  
Report 32 12/08/2021

13th August 2021

## 'How are we doing in wales' public engagement survey results

### Report 70



### Report 72



11th August 2021

## Transforming public health for the future 2021

Mariana Dyakova delivered the opening address at the 'Transforming Public Health For The Future 2021' conference organised by the Institute of Government and Public Policy on 11th August 2021. Mariana presented on 'Healthy Prosperous Lives for All in Wales: Investing in Health Equity and Prevention At the Heart of COVID-19 Sustainable Recovery'. Fantastic feedback was received from the Institute of Government.

# September

## September highlights

- Liz Green, Nerys Edmonds and Rebecca Masters participated in, and led workshops at the Faculty of Public Health's Conference 'What is Public Health's role in tackling the climate emergency?'
- The Health and Sustainability Hub co-ordinated the Green Advocates meeting on 'Arts and climate change' on 9 September.
- Jo Hopkins provided a lecture on ACEs and trauma informed practice to medical students (paediatrics) at Royal Glamorgan as part of their wellbeing training day.
- Training to be provided to the Urdd staff and all those supporting the accommodation Afghan interpreters and their families on Tuesday (ACEs and Trauma).
- A major stakeholder engagement progressing to inform the development of the Welsh Health Equity Solutions Platform, including presentations and feedback gathered from across Public Health Wales, Welsh Government; Welsh Local Government Association; Third Sector; Equality and Human Rights Commission; Learning Disability Wales; Building A Healthier Wales Coordination Group; Directors of Public Health; Welsh NHS Confederation and their Health and Wellbeing Alliance; WHO; EuroHealthNet and others.

## 8th September 2021 **Health in all policies - a key driver for health and wellbeing in a post covid-19 pandemic world**

Liz Green is pleased to announce the journal paper 'Health in All Policies'— A Key Driver for Health and Well-Being in aPost-COVID-19 Pandemic World' was published on the 8th September in the International Journal for Environmental Research and Public Health. Co-authors include Kathryn Ashton, Mark A. Bellis, Timo Clemens and Margaret Douglas.

## **New Brexit report from Public Health Wales WHO Collaborating Centre**

The WHO CC has published a report (w/c 23rd September) that details how in Wales there are now (unfortunately) more people at risk of poor health outcomes from Brexit after Covid-19 has increased vulnerability.

Building on evidence that the pandemic has had an unequal effect on Welsh society, the study details how, now more than ever, it is important to understand how Brexit and future trade agreements will impact health and wellbeing for those living in, or at risk of poverty.

This is the first of a series of reports that examines how Brexit might impact the health and wellbeing of people in Wales, and what needs to be done to improve this emerging picture.



## 10th September 2021 **International Horizon Scanning Report 33**

**Topics of focus:**  
RE-opening of Educational Settings  
Covid-19 and people with a disability

## **'How are we doing in Wales' public engagement survey results Week 74**

### Week 74



### Week 76



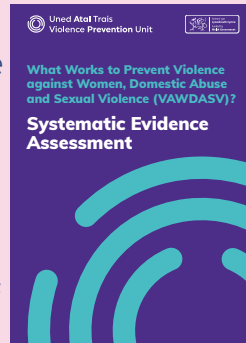
# October

October 21

## What Works to Prevent Violence Against Women, Domestic Abuse and Sexual Violence (VAWDASV)?

**Authors:** Dr Samia Addis. Lara Snowdon

The Wales Violence Prevention Unit has published its systematic evidence assessment on What Works to Prevent VAWDASV. Funded by Welsh Government the report identifies effective primary and secondary prevention interventions for VAWDASV, to inform the adoption of evidence-based policy and practice.



The key findings of this report indicate that there are a number of promising approaches that address the underlying causes of VAWDASV at an individual, relationship, community and societal level. Specifically, this Assessment found that developing an 'eco-system' of interventions which seek to establish a whole-system approach is the most effective way to prevent VAWDASV, rather than investing in a number of disparate, stand-alone interventions. The Assessment also highlights the need for investment in the evaluation of interventions, particularly prevention programmes with diverse communities, so we can better measure the impact of VAWDASV prevention programmes and build the evidence base for prevention.

## October highlights

- WHESRI HE Solutions Platform stakeholder engagement sessions held with 30 organisations/working groups to date.
- Significant contribution to PHW campaign (launched 14 October) to encourage pregnant women to get their COVID-19 vaccinations.
- Active participation of Wales and PHW in the WHO Regions for Health (RHN) Annual Meeting 25th-28th October: keynote speech from Welsh Government (Andrew Charles on the WFGA) and WHO CC participation with presentations on the WHO CC as a centre of excellence, health equity, behavioural science to inform COVID-19 response; climate change HIA; and SDG implementation toolkit.
- New project initiated 'A Technical Handbook on ACEs – Prevention, Building Resilience and Developing Trauma informed Systems'.

1st October 2021

## Rising to the triple challenge: the impact of brexit, covid-19 and climate change in wales

**Authors:** Liz Green, Kathryn Ashton, Michael Fletcher, Adam T. Jones, Laura Evans, Tracy Evans, Lee Parry-Williams, Sumina Azam, Mark A Bellis

'The Rising to the Triple Challenge of Brexit, COVID-19 and climate change for health, wellbeing and equity in Wales' was published on Friday 1st October by the Wales Health Impact Assessment Support Unit (WHIASU), WHO CC Directorate for 'Investment in Health and Well-being, Public Health Wales.



# October

## Health impact and social value of interventions, services, and policies: a methodological discussion of health impact assessment and social return on investment methodologies

An academic article published in Frontiers by Kath Ashton, Liz Green and Mariana Dyakova in 2020, titled 'Health Impact and Social Value of Interventions, Services, and Policies: A Methodological Discussion of Health Impact Assessment and Social Return on Investment Methodologies' has now been included in a Frontiers e-book, comprising of all articles which featured in the Special Edition Research Topic of 'Social Value for Health: Understanding, Framing and Capturing the Wider Psycho-social Outcomes Of Health Interventions and Programmes'.

[More information can be found here.](#)

8th October 2021

## Health impact assessment (HIA) and local development plans (LDPs): a toolkit for practice

**Authors:** Liz Green, Lee Parry-Williams, Edwin Huckle

There has been a growing momentum in Wales to better integrate health and well-being into spatial planning policy in order to support the creation of 'healthy environments' which in turn, can facilitate healthy lifestyles and behaviours. This has been supported in recent years by Welsh Government, regional and local spatial planning, and health policies and systems that have built on the core themes contained within the Well-being of Future Generations (Wales) Act, the Planning (Wales) Act and the Public Health (Wales) Act.

The resource is aimed primarily at public health and local authority land use planning policy officers. Equally, those working within local Health Boards, additional local government departments, environmental health officers, the Third Sector and other built environment professions may find it useful to secure more locally joined-up working and integration of practice.

The resource is split into two parts:

- Part A aims to provide a background to planning policy in Wales and describes how HIA can be utilised to better integrate health and well-being into local spatial planning policies
- Part B contains a wide range of tools and templates and case studies to enable HIAs to be carried out on Local Development Plans.

To view the news story for the toolkit please click [here](#).



## Over 500 young people in south wales supported toward a life free from violence last year

The Wales Violence Prevention Unit has published its Annual Report, which highlights how over 500 children and young people have participated in its commissioned interventions in 2020-21.

A further 770 children and young people and 574 professionals have benefited from workshops and training on violence prevention as part of the commissioned Fearless, Crime stoppers programme.

The report charts the highlights, achievements, challenges and impacts of the Unit's first full year of operation, including details of its research projects, communication campaigns.





# October

## Spotlight on Food Security

The paper highlights how the combined influences of Brexit, Coronavirus and climate change will potentially impact everyone through the food that is produced, accessed, available and consumed.

It forms part of a series of reports that highlight how this 'triple challenge' will have direct and indirect impacts on the health and wellbeing of the population and how the current point in time presents a 'window of opportunity' to strengthen public health messaging around healthy food behaviours with the increased profile which the Coronavirus pandemic has brought for public health and highlight the impact of food production, access and supply in respect to inequalities



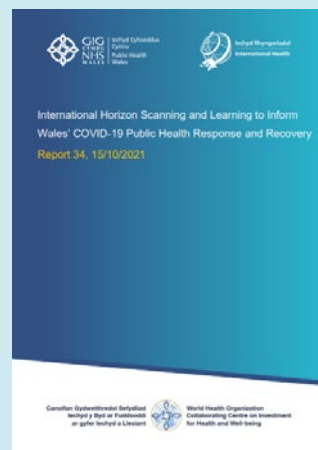
15th October 2021

## International Horizon Scanning Report 34

### Topics of focus:

Covid-19 Vaccine Update

The impact of COVID-19 on people from the LGBTQ+ community.



## Research: bystander experiences of domestic violence and abuse during covid-19

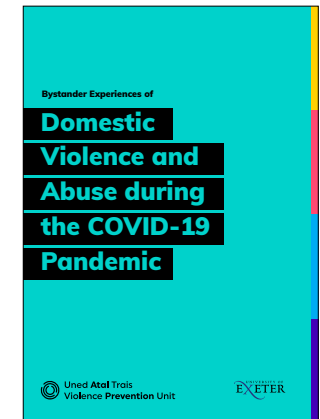
New research by the Wales Violence Prevention Unit and the University of Exeter indicates that people are more likely to take action against domestic abuse and its warning signs if they feel connected to their community.

The research, funded by Public Health Wales, explored the experiences and behaviours of bystanders to domestic abuse during the COVID-19 pandemic, to help inform policy and bystander intervention training programmes in light of the changes to daily lives brought about by COVID-19 restrictions.

The research surveyed over 180 adults who live or work in Wales. Almost 90% of participants indicated that they felt closer to their communities during the pandemic, and 45% indicated that they felt changes in their routine – such as working from home – as a result of the pandemic had allowed them to become aware of domestic abuse or its warning signs. Of the respondents, the majority who said that they wanted to help members of their community also indicated that they were able to step in and take action against abuse or its warning signs as they not only recognised situations as problematic but because they also knew what to do to help.

The research also highlights the importance of education on what domestic violence and its warning signs look like, and training for people to feel confident to take action when they witness it. Of the survey respondents, all who indicated they had taken action against the abuse they witnessed, also indicated that they felt they possessed the correct skills to know what to say or do.

In October, the Unit hosted a webinar to discuss the research findings, which included a panel discussion and Q&A with leaders from the Violence against Women, Domestic Abuse and Sexual Violence sector.



# October

## Health and financial costs of adverse childhood experiences in 28 European countries: a systematic review and meta-analysis

Congratulations to the specialist projects team in North Wales on the following recent publications!

The Lancet Public Health has published the paper 'Health and financial costs of adverse childhood experiences in 28 European countries: a systematic review and meta-analysis'. Click [here](#) to view the article. You can also visit our [Database Repository](#) to view Health and financial costs of adverse childhood experiences in 28 European countries: a systematic review and meta-analysis.

It is also featured on the [Lancet home page](#) and you can view [a dedicated commentary](#) by Jessie Baldwin from UCL.

The lead editorial for this issue is dedicated to child adversity, [click here](#).



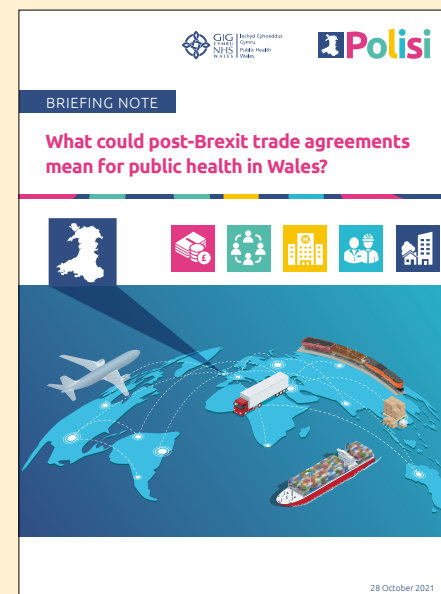
27th October 21

## What could post-Brexit trade agreements mean for public health in Wales?

The paper 'What could post-Brexit trade agreements mean for public health in Wales?' aims to help trade policy experts understand the relevance of public health to their work, and enable public health professionals to identify where trade agreements could affect their efforts to improve public health outcomes.

The key messages from the report are:

- The ways in which trade agreements are likely to affect health and well-being in Wales include changes to employment, farming, food and the ability to meet its climate change and sustainability ambitions.
- The impacts of trade agreements are likely to be felt differently by different individuals and communities, making it possible that they reinforce or make existing health and inequalities in Wales worse.
- The UK Government are responsible for negotiating all trade agreements and Welsh Government would need to advocate for trade agreements that work for Wales during that process. Neither Welsh MPs nor the Senedd have the power to change or reject new trade agreements.
- So far the UK Government has not taken proactive steps to use its independent trade policy to promote better public health outcomes. The terms of new trade agreements and related laws may make it harder for the Welsh Government to introduce new policies to improve public health, for example on climate change or helping tackle obesity.



# November

## November highlights

- There have been two publications from the Polisi Team in recent weeks: 'Inequality in a Future Wales' was published 4th November, receiving coverage by the Guardian and BBC, and a Briefing on Brexit, Trade and Health was published on 28th October.
- WHIASU published infographics to summarise learning from a Health Impact Assessment on Climate Change currently underway. The infographics were published to coincide with the start of COP26 and have been very positively received and were featured on Cardiff TV.
- Liz Green and Rebecca Masters presented learning from recent work on climate change and sustainable development at the WHO Regions for Health Network Annual Conference.
- Two international reviews commissioned by Welsh Gov & produced by THET published – briefing shared with Exec; IHCC to take part in a Task & Finish Group to discuss recommendations and future international development work in Wales.

2nd November 2021

## Health impact assessment of climate change in Wales Infographics

**Authors:** Liz Green, Nerys Edmonds

Health and wellbeing impacts of climate change Infographic - World Health Organization Collaborating Centre On Investment for Health and Well-being (phwwhocc.co.uk)

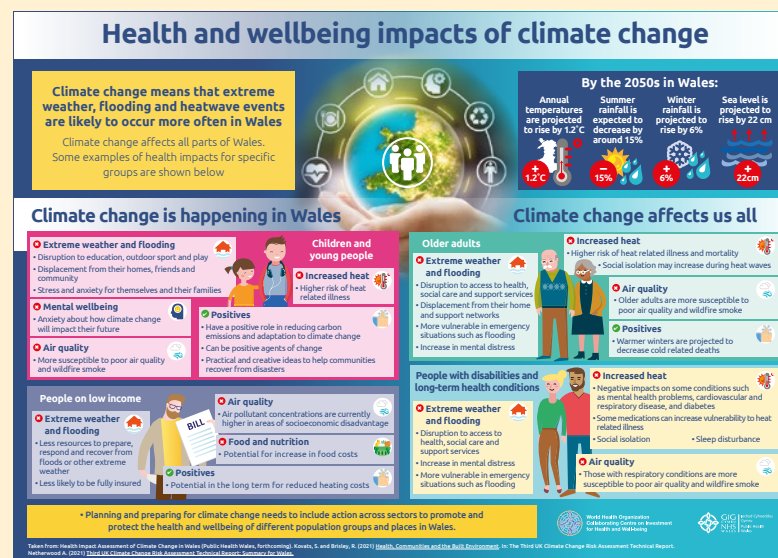
Public Health Wales has published a series of infographics highlighting the importance of climate change impacts on the health and wellbeing of the population of Wales, and to support public bodies and businesses to take action to address any impacts.

Launched to coincide with the Council of Parties 26(COP26), the infographics focus on the relationships between the natural environment and health, the population groups affected and some of the key health and wellbeing impacts of climate change and those population groups who could be affected.

Public Health Wales (PHW) has committed in its long term plan to work with our partners to prepare for, and respond, to the expected and unexpected impact of climate change in Wales. As part of our contribution, the Wales Health Impact Assessment Support Unit (WHIASU) has been working with partner agencies including Natural Resources Wales, Renew Wales and Welsh Government, on a Health Impact Assessment (HIA) of Climate Change in Wales.

The infographics are part of this work which is ongoing and aims to ensure that organisations and Public Bodies in Wales have the evidence and information they need to plan for and respond to the health and wellbeing impacts on people and communities that climate change will bring.

The infographics can be [downloaded here](#) along with the references used to create the infographics.



# November

## **Dr Mariana Dyakova presented the work of the WHO CC at the WHO Collaborating Centres Regional Meeting: United Action for Better Health in Europe, 2-3rd November** **(WHO/Europe | Events - WHO Collaborating Centres Regional Meeting: United Action for Better Health in Europe)**

Dr Mariana Dyakova highlighted working with WHO on strengthening country health systems and policies for health, well-being and equity. She discussed the CCs work with WHO/Europe and the WHO European Office for Investment for Health and Development in Venice, specifically around building a movement of leaving no one behind and closing the health gap, including:

- taking a cross-sector and life course approach to closing the health gap
- implementing European health equity leadership and initiatives
- exploring adverse childhood experiences and how this has been related to the COVID-19 response and recovery and in terms of health equity and preventing early years trauma
- exploring a new approach of the Economy of Well-being, placing population well-being and health equity at the heart of sustainable recovery and of policy and decision making going forward.

## **Global Citizenship: launch of NHS e-learning module**

The International Health Co-ordinating Centre (IHCC), WHO Collaborating Centre on 'Investment for Health and wellbeing', Public Health Wales has announced the launch of the first Global Citizenship e-learning resource for the NHS. The resource was commissioned by Public Health Wales, in junction with the Welsh Centre for International Affairs and Oxfam Cymru and was launched on 4 November at the Wales and Africa Health Conference 2021. The resource has been very positively received and has high interest to be used widely across and beyond the NHS.

For more information please see this [news item](#) and [WHO CC Website](#).

Susie Ventris-Field, Chief Executive, Welsh Centre of International Affairs, said:

*"We've been delighted to collaborate on these modules – global citizenship is vital to achieving the Well-being goals, particularly the globally responsible Wales goal. Too often, opportunities to develop global citizenship understanding, skills and values are limited to young people – it's fantastic for this lifelong learning opportunity to be made available to NHS staff across Wales."*

## **The WHO CC had significant participation with presentations and posters at the 14th European Public Health Conference 10-12 November**

### **Mariana Dyakova presented the following:**

- COVID-19 impact on financial security: evidence from the National Public Engagement Survey in Wales (Welsh Health Equity Status Report initiative)
- Maximising Social Value and Health Impact – what is the role of PHIs?
- Forecasting the economic consequences of COVID-19 on longstanding illnesses in Wales

### **Liz Green presented at three sessions about the following:**

- A COVID-19 pandemic work and beyond: The public health impact of Home and Agile working in Wales.
- COVID-19 Health Impact Assessments and their impact on Policy
- Climate Change Health Impact Assessment and Vulnerability

A Poster was accepted for **COVID-19 impact on financial security: evidence from the National Public Engagement Survey in Wales (Welsh Health Equity Status Report initiative)**.

The published abstract can be found at [here](#).

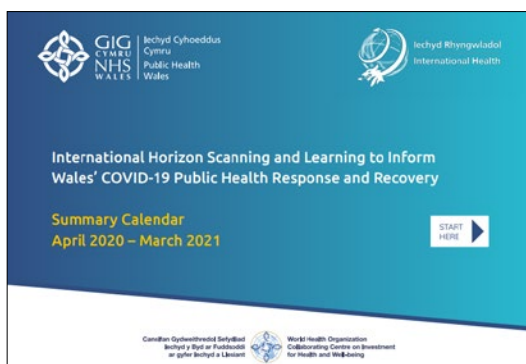
A poster was accepted on the International Horizon Scanning titled: **'COVID-19 International Horizon Scanning and Learning - informing a response and recovery in Wales and beyond'**.

The published Abstract can be found [here](#).

# November

## International Horizon Scanning and Learning to Inform Wales' COVID-19 Public Health Response and Recovery – Summary Calendar

This Summary Calendar has collated, synthesised and presented a clear and concise summary of the COVID-19 International Horizon Scanning Reports over the past year, since April 2020 through to March 2021. The International Horizon Scanning and Learning work stream has proved to showcase informative and impactful research whilst collating data from other countries, providing guidance, recommendations and useful insights regarding the evolving nature and uncertainties of the COVID-19 pandemic.



November 21

## Research into the long-lasting effects of childhood violence wins excellence award

A research paper by Professor Mark Bellis and Liverpool John Moores University, that identifies whether those abused as children are more likely to be victims as adults has been awarded the Office for National Statistics (ONS) award for research excellence.

Professor Mark Bellis, Director of the World Health Organization Collaborating Centre on Investment for Health and Well-being, Public Health Wales, said:

***“Interpersonal violence is a leading cause of death and disability globally. Sadly, far too many people are personally familiar with how even a single violent event can harm their health and wellbeing as well as the long-lasting impacts it can have on their local communities.*”**

***“What is sometimes less obvious is how violence experienced by children may leave them at much greater risks of continuing to suffer violence throughout their adult lives. Using Data from the Crime Survey for England and Wales (CSEW) we were able to show how, in England Wales, experiencing physical, sexual, and psychological abuse and witnessing domestic violence as a child was linked with much greater risks of being a victim of domestic violence or sexual violence as an adult.”*”**



## Public health engagement survey

The results of the latest 'How are we doing in Wales' Public Engagement survey have been released.

### Week 78 Report

27th September –  
4th October 2021



# November



## GREEN OPPORTUNITIES

Supporting Wales' COVID-19 Green Recovery by identifying opportunities to support population health through sustainable means

### Green Opportunities Autumn E Briefing 2021

Public Health Wales' Health and Sustainability Hub is pleased to announce the latest publication, Green Opportunities Autumn 2021E-briefing.

The autumn edition focuses on biodiversity. Hopefully, you will find inspiration on a range of sustainable opportunities to contribute towards a healthy, fair and sustainable future for Wales.

The Health and Sustainability Hub publish Green Opportunities, a quarterly e-briefing which captures learning and identifies best practice to support the implementation of the Well-being of Future Generations Act through a green recovery from COVID-19, given the challenges and inequalities which the pandemic has further exposed

## No place like home? Exploring the health and well-being impact of covid-19 on housing and housing insecurity

**Authors:** Louise Woodfine, Liz Green, Laura Evans, Lee Parry-Williams, Christian Heathcote-Elliott, Charlotte Grey, Sumina Azam, Mark A Bellis

Wales Health Impact Assessment Support Unit (WHIASU) and Policy Team in the WHO CC on 'Investment for Health and Well-being', Public Health Wales have published 'No place like home? Exploring the health and well-being impact of COVID-19 on housing and housing insecurity'.

This participatory Health Impact Assessment (HIA) explores the health and well-being impact of COVID-19 on housing and housing insecurity in Wales, and looks at the importance of having a consistent home and housing that is of good quality, affordable, stable tenure and feels safe, for health and well-being.



## Behavioural risk factors for communicable and non-communicable diseases

The behavioural risk factors for communicable and non-communicable diseases paper was published 17th November in BMC Public Health. A copy can be found [here](#). The impact of behavioural risk factors on communicable diseases: a systematic review of reviews - World Health Organization Collaborating Centre On Investment for Health and Well-being and an accompanying infographic will be published in December.

## 25th November 2021 International Horizon Scanning Report 35

### Topics of focus:

- Winter 2021/22 COVID-19 planning
- The impact of COVID-19 on older people. [Click here to view the full report](#)

# December

## An exploration of the trauma informed terminology and approaches being used by significant projects, programmes and interventions in Wales

**Authors:** Alex Walker, Vicky Jones, Joanne C. Hopkins

During December the ACE Support Hub published a report, 'An exploration of the trauma informed terminology and approaches being used by significant projects, programmes and interventions in Wales'. Earlier this year the Welsh Government published a review of policy relating to adverse childhood experiences (ACEs) in Wales. The review highlighted the amount of good work going on in Wales to raise awareness of ACEs but also found that there is still a lack of clarity regarding the language and definitions used when talking about ACEs and trauma. Phrases such as 'ACE aware' and 'trauma informed' are being used to describe a range of approaches in services and programmes across Wales, but there is not a common understanding of what these terms mean and how they are implemented.



## Improving energy efficiency in Welsh homes critical for health and well-being

**Authors:** Adam Jones & Leanna Davies

A new report, published on the 22nd December 2021 by Public Health Wales, calls for improvements to the energy efficiency of existing Welsh housing stock in order to help people's everyday health and wellbeing, and impact the climate emergency.

Energy inefficiency is one of the three factors that the Welsh Government's energy efficiency strategy cites as determining whether a household will be in fuel poverty, alongside household income and energy prices. In efficient housing results in people using more energy to heat their homes, which in turn results in greater costs to the consumer, increased emissions into the environment and, in most cases, the burning of fossil fuels.

The discussion paper highlights how, at present, Wales' housing stock is some of the least energy efficient in Europe.

### Key messages are:

- Wales has the oldest housing stock in the United Kingdom, with the lowest proportion of dwellings with an EPC rated 'C' or above.
- As of 2018, there were 155,000 households living in fuel poverty, equivalent to 12 per cent of all households in Wales, with households in the private rented sector more likely to be in fuel poverty.
- Given the Coronavirus pandemic, and its impact on personal finances and the increase in people being at home for prolonged periods, it is likely that this number will increase.
- In the context of climate change, around 15 per cent of Wales' carbon emissions come from homes.
- Residential buildings make up the bulk of energy emissions from buildings in Wales, with 82 per cent of all building emissions, and 7.5 per cent of total Welsh energy emissions, according to 2016 figures.
- This represents a 31 per cent reduction in total emissions from buildings between 1990 and 2016, but there is still a great deal to do to improve residential energy efficiency and thus reduce emissions.



The importance of household energy efficiency for health and well-being

Discussion Paper



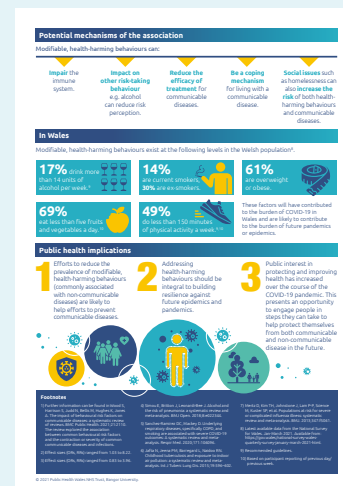
Adam Jones & Leanna Davies  
December 2021

## The impact of health-harming behaviours on communicable diseases: a systematic review of reviews

Public Health Wales and Bangor University (Public Health Collaborating Unit) have recently published 'The impact of behavioural risk factors on communicable diseases: a systematic review of reviews'. Published in BMC Public Health, this synthesis explores the link between health-harming behaviours and a range of communicable diseases and infections, suggesting that if we are to prepare for future infectious disease pandemics, then we have to tackle the on-going global health crises relating to obesity, inactivity, smoking and alcohol misuse.

To view the full article click [here](#).

A summary infographic of review findings and implications is available [here](#).



## New report finds that tackling inequality could save hospitals in wales £322 million every year

The International Health Team are pleased to share with you their first report on the 'Cost of Health Inequality to the NHS in Wales' focusing on the 'Cost Associated with Inequalities in Hospital Service Utilisation to the NHS in Wales' published on the 16th December.

The report estimates the cost associated with inequality in hospital service use to the NHS in Wales to help inform decision-making and investment prioritisation towards prevention and early intervention through an equity lens. Together with further reports over 2022-25, we hope to help build the economic evidence to help address health inequalities in Wales, many of which have been exacerbated through the Coronavirus pandemic.

17<sup>th</sup> December 2021

## International Horizon Scanning Report 36

Topics of focus:  
COVID-19 scientific advice to governments  
The impact of COVID-19 on ethnic minority groups

International Horizon Scanning and Learning to Inform Wales' COVID-19 Public Health Response and Recovery  
Report 36, 16/12/2021

Chief Executive: Catherine Lewis  
Director: Dr. Pauline Jones

World Health Organization  
Collaborating Centre on Inequalities in Health and Well-being



# January

27th Jan 2022

## International Horizon Scanning Report 37

### Topics of focus:

The impact of Covid-19 on children



Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales



Iechyd Rhyngwladol  
International Health

International Horizon Scanning and Learning to Inform  
Wales' COVID-19 Public Health Response and Recovery  
Report 37, 27/01/2022

Canolfan Gyhoeddus Safon uchaf  
Iechyd y Byd ar Fuddsoddi  
ar gyfer Iechyd a Llesiant



World Health Organization  
Collaborating Centre on Investment  
for Health and Well-being

## Public health engagement survey

The results of the latest 'How are we doing in Wales' Public Engagement survey have been released. Please click [here](#) to view the report.



### How are we doing in Wales?

Public Engagement Survey on Health and Wellbeing during Coronavirus Measures

January 2022

World Health Organization Collaborating Centre on Investment for Health and Wellbeing, Public Health Wales



Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

## Key findings

1005 Welsh residents aged 18 years and over were interviewed in January 2022\*

**38%**

of people said they understood the current restrictions in place in Wales to reduce the spread of coronavirus 'very well' and 44% 'quite well'. 15% responded 'not very well' and 4% 'not at all'.

**47%**

of people said they had been following the restrictions 'completely' and a further 38% reported mostly complying.^

**49%**

of people said they had taken a lateral flow test in the past 7 days.# Of these people, two thirds reported having taken more than one such test.

**67%**

of people thought the restrictions in place to manage coronavirus were 'about right'. However, 24% thought they were 'too much', an increase from 12% in December 2021. The remaining 8% thought the restrictions were 'too little'.

**85%**

of people said they supported the continued requirement for face coverings in shops and other indoor public places in Wales. However 13% said they did not, an increase from 5% in December 2021. The remainder were unsure.

\*Surveying took place between 10<sup>th</sup> and 28<sup>th</sup> January 2022. #45% lateral flow test, 4% both lateral flow test and PCR test; see page 5.  
^Scores of 8-9 on a scale of 0 to 10, where 0 was 'not at all' and 10 'completely' following the restrictions.

# February

2nd February 2022

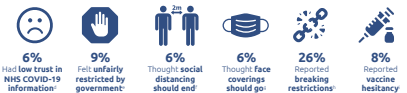
## Paper on Associations between adverse childhood experiences and vaccine hesitancy

The Specialist Projects Team's latest paper on Associations between adverse childhood experiences and vaccine hesitancy was published on 2nd Feb in BMJ Open. The article and its accompanying infographics are available [here](#).

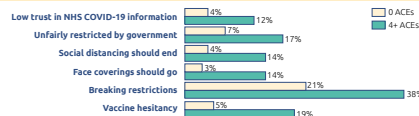
### Adverse childhood experiences (ACEs) and attitudes towards COVID-19 restrictions and vaccine hesitancy

The Childhood Adversity and Health and Wellbeing During COVID-19 study was undertaken in Wales during national COVID-19 restrictions. The national telephone survey asked adults about exposure to ACEs, COVID-19 infection, trust in NHS COVID-19 information, attitudes towards and compliance with COVID-19 restrictions, and COVID-19 vaccine hesitancy.

Across all participants 48% reported at least 1 ACE 10% reported 4+ ACEs



### Adults with 4+ ACEs were more likely to report low trust in NHS COVID-19 information, aversion to restrictions and vaccine hesitancy



### Controlling for other factors those with 4+ ACEs, compared with people with no ACEs, were:

- 2 times more likely to report feeling unfairly restricted by government
- 2 times more likely to report breaking restrictions
- 3 times more likely to report low trust in NHS COVID-19 information
- 3 times more likely to report vaccine hesitancy
- 3 times more likely to report social distancing should end
- 4 times more likely to report face coverings should go

December 2020 - March 2021. Welsh residents (16 years to 2021). Standardised sample proportions. Total of trust in NHS COVID-19 information equal to 100% of all. Unintentionally, 100% had been unfairly restricted by 100% of the national restrictions imposed by the government. This means that although we report percentages, these percentages do not necessarily equal 100% for a single participant. During the survey, 100% of participants reported feeling unfairly restricted by government. 100% of participants reported feeling unfairly restricted by government. We are grateful to everyone who voluntarily gave their time to participate. For full findings please see: [Brierley, Tegan, et al. \(2022\) Associations between adverse childhood experiences and attitudes towards COVID-19 restrictions and vaccine hesitancy. BMJ Open, 16\(2\), e005284.](#)

Policy and International Health, WHO Collaborating Centre on Investment For Health & Wellbeing, Public Health Wales, Clwydian House, Wrexham, LL13 7YP. [phwhoccc.co.uk](http://phwhoccc.co.uk)

### ABSTRACT

**Objectives** Adverse childhood experiences (ACEs) can affect life-course health and well-being, including risk-taking behaviour and trust. This study explored associations between ACEs and trust in health information on COVID-19, attitudes towards and compliance with COVID-19 restrictions and vaccine hesitancy.

**Design** National cross-sectional telephone survey using a sample of landline and mobile numbers stratified by Health Board, deprivation quintile and age group.

**Setting** Households in Wales during national COVID-19 restrictions (December 2020 to March 2021).

**Participants** 2285 Welsh residents aged ≥18 years.

**Measures** Nine ACEs; low trust in National Health Service (NHS) COVID-19 information; supporting removal of social distancing and mandatory face coverings; breaking COVID-19 restrictions; and vaccine hesitancy (rejection or uncertainty of vaccination).

**Results** Increasing ACE counts were independently related to low trust in NHS COVID-19 information, feeling unfairly restricted by government and ending mandatory face coverings. High ACE counts (4+ vs 0 ACEs) were also associated with supporting removal of social distancing. Breaking COVID-19 restrictions increased with ACE count with likelihood doubling from no ACEs to 4+ ACEs. Vaccine hesitancy was threefold higher with 4+ ACEs (vs 0 ACEs) and higher in younger age groups. Thus, modelled estimates of vaccine hesitancy ranged from 3.42% with no ACEs, aged ≥70 years, to 38.06% with 4+ ACEs, aged 18–29 years.

**Conclusions** ACEs are common across populations of many countries. Understanding how they impact trust in health advice and uptake of medical interventions could play a critical role in the continuing response to COVID-19 and controlling future pandemics. Individuals with ACEs suffer greater health risks throughout life and may also be excluded from interventions that reduce infection risks. While pandemic responses should consider how best to reach those suffering from ACEs, longer term, better compliance with public health advice is another reason to invest in safe and secure childhoods for all children.



This month the ACE Support Hub were delighted to have been part of the #navigatingthestorm animation launch. The animation forms part of our partnership with Wrexham Glyndwr University (WGU) which aims to raise awareness of the impact of Trauma and Adverse Childhood Experiences (TrACEs) and the role that we can all play in creating a kinder, more compassionate society that enables everyone to thrive.

The innovative and thought-provoking animation, a concept created by PhD student and Graduate Teaching Assistant, Tegan Brierley-Sollis, called 'Navigating the Storm', explains trauma and how we can all come to understand it, illustrating the way in which working through a trauma informed lens can create meaningful connections and highlight each other's strengths.

We are delighted Lynne Neagle MS, Deputy Minister for Health and Wellbeing, was able to help launch the animation and to bring leaders from across North Wales together to explore the role we can all play in creating a kinder and more compassionate society through a trauma informed approach.

If you would like to watch and share the animation, please follow the links below:

**Welsh version link – <https://youtu.be/3ucTbxX083g>**

**English version link - <https://youtu.be/uFSsE2qOnuw>**

Liz presented at an international webinar for the International Union for Public Health and Education (IUPHE) on February 23rd. Liz discussed the 'Staying at home and social distancing HIA' as part of a comparative case study discussion. Information on this is available

[HERE](#).



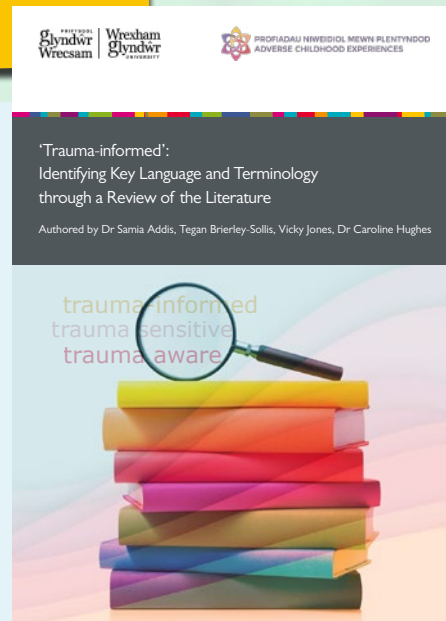
# February

11th February 2022

## New report: 'Trauma-informed': Identifying Key Language and Terminology through a Review of the Literature.

The Welsh Government 'Review of Adverse Childhood Experiences (ACE) policy report: How the ACE policy has performed and how it can be developed in the future', published in March 2021, set out the need to focus on what professionals, organisations and experts need to do to turn knowledge about ACEs into practice that makes a difference to people's lives. It recognised the shift towards using the term 'trauma-informed' to describe this; but also the lack of clarity about exactly what this means and how this is already being embedded in practice and different approaches. To address this lack of clarity', this report provides a scoping review of the international literature to explore how the term is understood and used in practice. This also responds to the Deputy Ministers' principles for the work of the ACE Hub for 2021-22, in particular the need to be mindful of the language that we use and its impact.

The report shows that while trauma-informed care has become a familiar term, there is a lack of clarity in terms of its operating definition. This is recognised as a barrier to creating trauma-informed services as well as having an impact on the ability to consistently implement and evaluate such approaches.



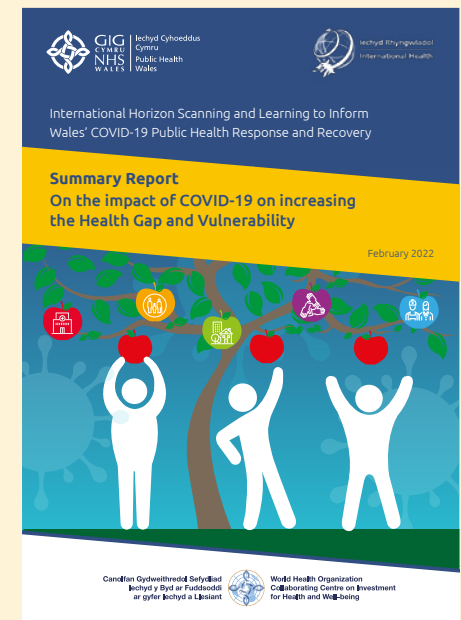
11th February 2022

## International horizon scanning and learning – summary report on the impact of covid-19 on increasing the health gap and vulnerability

This report reviews the international evidence from the International Horizon Scanning and Learning reports on the direct and indirect impact of COVID-19 increasing the health gap. It focuses on inequalities and vulnerable groups to better understand and address the unequal distribution of indirect impacts resulting from the pandemic.

The COVID-19 pandemic has caused unprecedented challenges for populations, health systems and governments worldwide which have resulted in lasting economic, social and health impacts. Health inequities have been exacerbated, with certain population groups disproportionately affected by levels of infection, hospitalisation and deaths from COVID-19. Furthermore, some groups have also experienced unequal indirect impacts resulting from the pandemic and the measures undertaken to contain it. Underlying factors contributing to the unequal impact of the COVID-19 pandemic include but are not limited to, level of deprivation, education, health status and financial resources.

This summary document draws all of the previously produced information on inequalities into one document. The report and all of those in the series are available [here](#).



# February

16th February 2022

## **New journal published: maternal adverse childhood experiences and their association with preterm birth: secondary analysis of data from universal health visiting**

Being born before full gestation can have short-term and life-long health implications, yet it remains difficult to determine the risk of preterm birth among expectant mothers. Across different health settings, increasing attention is given to the health and behavioural consequences of adverse childhood experiences (ACEs) such as child abuse or neglect, or exposure to harmful household environments (e.g. in which caregivers abuse alcohol), and the potential value of understanding these hidden harms when supporting individuals and families. A large international evidence base describes the association between childhood adversity and early years outcomes for mothers and children. However, the relationship between maternal ACEs and preterm birth has received far less attention. Read the full journal by Kat Ford, Mark Bellis and Katie Hardcastle [here](#).

10th February 2022

## **Creating Healthy Places and spaces: a collaborative approach**

On 10th February 2022 the Wales Health Impact Assessment Unit (WHIASU) held an event attended by over 100 delegates from across Wales, the UK and internationally to explore how planning and health professionals can work together collaboratively in order to create healthier places and spaces. This was the third in a series of events held by WHIASU bringing spatial planners and health professionals together to explore the important links between the built and natural environment and health, well-being and equity.

A number of presentations highlighted how planning and health can be joined up. Speakers covered the current issues facing our communities and places, the importance of collaboration, designing for children and creating healthy places for all and an example of intergenerational engagement on a planning and design project. The Objectives of the event were:

- To understand the major challenges facing communities including the COVID-19 pandemic impacts
- To understand the contribution that planning and place making can make to address the major health challenges facing communities
- To demonstrate techniques for planners and health professionals to engage effectively with local communities to maximise the delivery of place making learning outcomes
- Increased collaboration between health professionals and planners
- Increased knowledge of how collaborative working can result in development of healthy places and spaces
- Explore and strengthen opportunities and roles in delivering place making using tools and guidance to provide maximum benefits to communities

The event was chaired by Kate Eden, Vice Chair, Public Health Wales. Kate said ***'It was wonderful to see the event so well attended by people who wanted to know more about the opportunities and potential for joined up working between planners and health professionals. Delegates were able to hear some examples of where this is being done effectively, and also take part in discussions about resources that will support them in taking this work forward across Wales.'***



# February

## New report: 'What Works to Prevent Adverse Childhood Experiences at the Community Level? An Evidence Review and Mapping Exercise'

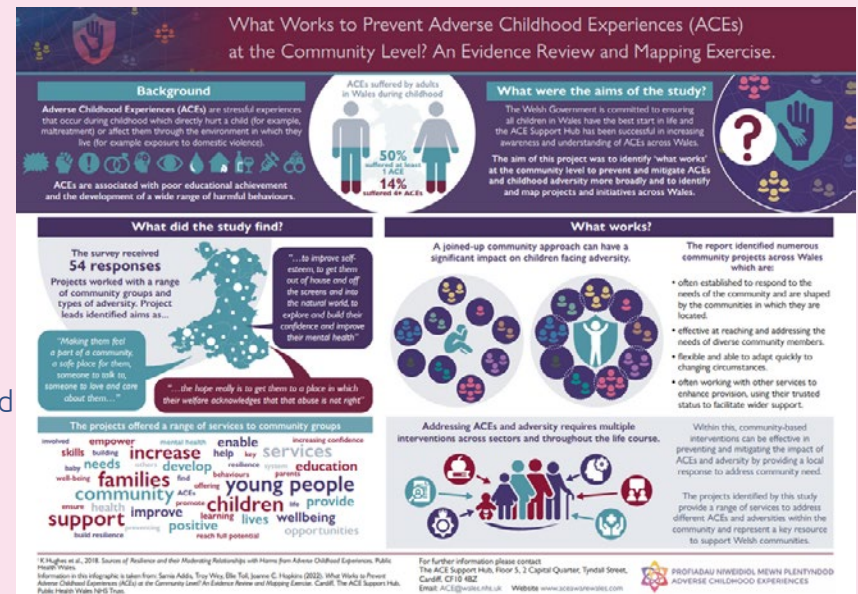
One of the areas that has been a priority for the ACE Support Hub this year, is understanding how we can support and champion the work going on in Welsh communities, as well as the services that operate within them. The aim of this project was to identify 'what works' at the community level to prevent and mitigate ACEs and childhood adversity more broadly, and to identify and map projects and initiatives across Wales.

The report provides a summary of the literature which indicates that a joined-up community approach can have a significant impact on children facing adversity. Additionally, the study identified numerous community projects across Wales which provide a range of services to prevent and mitigate factors associated with ACEs and adversity. It will also continue to inform the Deputy Minister for Social Care, Julie Morgan MS' principle of ensuring that we continue to focus on support for projects and initiatives at the community level, as set out in the 2021 ACEs policy review.

Deputy Minister for Social Services, Julie Morgan MS, said:

***"It is important that we understand the contribution which communities can, and are already making, in helping to prevent and mitigate the impact of childhood adversity, including ACEs. I welcome this report, the findings from which will help us consider how we can best support community-based groups to continue and grow their work. The report highlights the excellent work which is already happening and how these groups are making a real difference to the lives of children and their families."***

Click [HERE](#) to view the report, executive summary and infographic.



## Public Health Wales' Health and Sustainability Hub is pleased to announce our latest publication, Green Opportunities Winter 2021/22 E-briefing.

This edition focuses on the ways in which we can move towards a circular economy – one which reduces waste to zero by keeping everything in use - products that will last longer, can be repaired or ultimately can be dismantled and the components reused. The Health and Sustainability Hub publish Green Opportunities, a quarterly e-briefing which captures learning and identifies best practice to support the implementation of the Well-being of Future Generations Act through a green recovery from COVID-19, given the challenges and inequalities which the pandemic has further exposed.



# February

## Two recent WHO publications where Wales was highlighted as a leading nation for wellbeing and health equity in the context of COVID-19 response and recovery, referring to the Welsh Government/WHO MOU and the Welsh Health Equity Status Report initiative (WHESRI).

WHO Bulletin, the main WHO scientific peer-reviewed journal [Bull World Health Organ Volume 100\(2\); 2022 Feb 1 \(nih.gov\)](#) editorial on [Health inequity focus in pandemic preparedness and response plans \(nih.gov\)](#) has included Wales and the WHESRI (paragraph copied below):

*The international community increasingly recognizes the need for better governance of the interdependencies between health, social, environmental and economic systems. Such governance should explicitly place equity and well-being for all at the heart of the COVID-19 sustainable response. The mechanism to achieve such good governance in practice is embodied in the recommendations of the Pan-European Commission on Health and Sustainable Development, Drawing light from the pandemic,<sup>6</sup> and in the Asian Development Bank report Wellness in worrying times.<sup>7</sup> The approach of the 2019 Healthy, prosperous lives for all: the European Health Equity Status Report<sup>8</sup> has inspired countries and territories such as Italy, North Macedonia, Slovenia and Wales to explicitly put health equity at the heart of the COVID-19 sustainable response. The Welsh health equity status report initiative<sup>9</sup> frames the pandemic response around investment in five essential conditions and gender-responsive policy action areas for health equity: health services; income security and social protection; living conditions; human and social capital; and employment and working conditions. The initiative is closely aligned with the United Nations socioeconomic immediate response pillars, emphasizing that governance for health equity is mainstreamed into policy coherence, accountability, social participation and community empowerment approaches.*

The first 'Equity and Health' WHO newsletter [WHO/Europe | About us - Equity and Health, Issue 1, December 2021](#) highlighting achievements across the European Region has included Wales on page 3 (copied below):

### COUNTRY FOCUS ...

The Welsh Government has prioritized health equity, placing it at the heart of the COVID-19 response and recovery, and building on measures adopted during the pandemic to support the most vulnerable. A Memorandum of Understanding between WHO and Wales establishes a milestone health equity initiative that promotes prosperity for current and future generations. A new report draws a comprehensive multidimensional picture of the COVID-19 impact, measuring and reinforcing the understanding that individual well-being, societal well-being and the wider economy are all interdependent. *"Public health has become a global focus, strengthening the case for investing in people's well-being - preventing disease early, protecting and promoting health, enhancing resilience and equity, supporting the most vulnerable and empowering our communities."* Dr Tracey Cooper Chief Executive, Public Health Wales

# March

## Our WHO Collaborating Centre successfully re-designated!

Canolfan Gydweithredol Sefydliad  
Iechyd y Byd ar Fuddsoddi  
ar gyfer Iechyd a Llesiant



World Health Organization  
Collaborating Centre on Investment  
for Health and Well-being

This is a milestone recognition, confirming our role and successful work as a WHO CC over the past four years; as well as our drive and commitment until 2026. The Centre is the first and only WHO CC in this area of expertise in the world, part of a global network of more than 800 Collaborating Centres in more than 80 countries. Over the past four years, the Collaborating Centre has developed, synthesized and shared information, international guidance, actionable intelligence, practical tools and approaches on how to invest in a more sustainable way to improve people's wellbeing, reduce inequity, and build stronger, more resilient communities, economies and planet.

The new WHO CC 4-year programme of work focuses on providing scientific and policy evidence and expertise to build capacity and implement effective inter-sectoral policies for health and equity across the life course. It also plans to innovate and harness economic and multi-disciplinary tools and approaches to support building an Economy of Wellbeing in Wales, exploring and identifying solutions to the global challenges of widening health gap and socio-economic disparities, COVID-19 response and recovery and climate change.

Click [here](#) to read more.

**The Minister for Health and Social Services, Eluned Morgan MS, said:** "This is a milestone for Wales. The centre has been instrumental in positioning Wales as a global influencer, championing innovative policies and solutions to make continuous improvement in people's health and wellbeing."

**Dr Tracey Cooper, said:** "The re-designation is a strong recognition, not only for Public Health Wales but for Wales as a nation, of our impact on the global health agenda... I am looking forward to continuing to work with colleagues and experts worldwide, to maximise the benefits of international learning and innovation for the people of Wales, as well enhancing our role and impact on the global health agenda."

**Professor Mark A Bellis, said:** "Over the next four years we hope to continue strengthening the impact and reputation of the public health work undertaken in Wales on a national and global scale... I'm delighted to be continuing to direct our World Health Organization Collaborating Centre and want to say a huge thank you to all of the amazing team for this great achievement, as well as to our Welsh and international partners without whom this work would not be possible."

### **Karen Hughes and Mark Bellis had a paper published on 21st March in conjunction with colleagues at Liverpool John Moores University: Effects of multi-component programmes in preventing sales of alcohol to intoxicated patrons in nightlife settings in the United Kingdom**

The study examined the impacts of multi-component nightlife interventions – including community mobilisation, responsible beverage server training and law enforcement approaches- to reduce over-service of alcohol in four nightlife settings in England and Wales. It found that multi-component interventions were associated with significant increases in service refusal, with effects being stronger for interventions that included enhanced law enforcement, particularly if all intervention components were implemented.

# March

## Liz has been included in The Planner's list of the most influential women in and around planning. Congratulations!

Every year for International Women's Day The Planner publish a list of Women of Influence in planning, as nominated by the readers of The Planner and assessed by a panel of judges that includes distinguished planners from across the UK.



In December 2021 a group of colleagues both internal to PublicHealth Wales and across the UK contributed nominations for Liz for the 2022 award and we are all so happy to see that she has made it onto the list as one of this year's Women of Influence. Of the 50 women on the list only 3 are from Wales.

In addition 3 are from Public Health which really shows that growing collaboration between planning and health and this is a key part of Liz's nomination. There is so much that planning can contribute to health and wellbeing outcomes and this is recognised here in Wales. This is in no small way through the vision and leadership Liz has displayed over a number of years and why Planning and Health is a key stream of work within the WHIASU Team.

To see more on this and view the citation click [HERE](#).

## Evaluation of Time To Be Kind campaign published in BMC Public Health

In response to successive COVID-19 restrictions in Wales, the Welsh ACE Support Hub launched the #TimeToBeKind campaign in March 2021. The campaign used a short film broadcast on national television and promoted on social media to encourage behaviour change for kindness. We evaluated the #TimeToBeKind campaign film and found that film can be an effective tool to promote behaviour change for kindness. Films that provoke strong emotional reactions can still be perceived positively and lead to behaviour change. With the COVID-19 pandemic accelerating a move online for many, the findings of the present evaluation are relevant to how public health messaging can adapt and utilise this space to target individuals and promote behaviour change.

To read the full article click [HERE](#)

