

Working together for a healthier Wales: How we make change happen

Longer, healthier lives and a fairer, more prosperous Wales - practical actions to make a difference.



The best start in life builds lifelong health and wellbeing

The foundation for a life lived in good health is built in our early years.

- Consider children's wellbeing in all policy decisions.
- Deliver the Best Start in Life framework through cross-government leadership.
- Ensure comprehensive child health data to guide policy, target support, and track outcomes for babies and young children.
- Ensure every family can easily access Health Visitor support, and provide Flying Start based on need, not postcode.
- Embed trauma and adverse childhood experience-informed approaches from pre-pregnancy onwards.



Financial wellbeing drives better health and a prosperous economy

Secure and fairly rewarded work that pays a living wage is good for our health.

- Ensure public bodies provide safe, secure jobs paying at least the Real Living Wage.
- Monitor progress on workplace equality, including gender, ethnicity, and disability pay gaps.
- Support people with health challenges to enter, stay in, or return to work.
- Link employment services with health support especially for those with long-term or mental health conditions so people get help when they need it.



Healthy lives start in our everyday places

When the places where we live, eat, shop, and play are healthy, it is easier for all of us to live healthier and happier lives.

- Increase the availability of healthy and affordable homes, especially social housing.
- Raise standards in private rental housing.
- Reduce exposure and availability of tobacco and vapes by licensing retailers, and extend smoke-free zones.
- Make healthier food and drink the affordable, visible options in shops and restaurants, and restrict price promotions for less healthy food and drinks.



Care tailored to local need builds health and resilience

Addressing the root causes of poor health - not just the consequences - means everyone in Wales can prosper and enjoy better health and wellbeing and our health system is resilient.

- Increase the yearly share of the NHS budget spent on prevention and primary and community care instead of hospital treatment.
- Join up health and community care with public services and voluntary organisations to support the whole person.
- Invest in community health facilities, skilled staff, data and digital tools that link with health records to support early and preventative care.



A healthy planet protects our people now and in the future

The health of people and the planet are interconnected. Many actions that address climate change also support longer, healthier lives.

- Invest in safe walking and cycling routes, footpaths, and car-free town centres.
- Make public transport accessible and affordable, including free bus travel for young people.
- Protect communities from the health harms of climate change by tackling flooding, improving food security, ensuring sufficient and quality water for private supply, and expanding access to green spaces and tree cover.

Action across these five areas will help build a healthier, fairer and more prosperous Wales for the future and support a strong sustainable health and care system