

What is Physical Inactivity Costing Cardiff & Vale University Health Board (CVUHB)?



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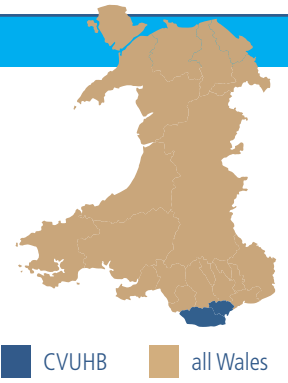
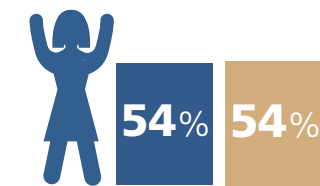
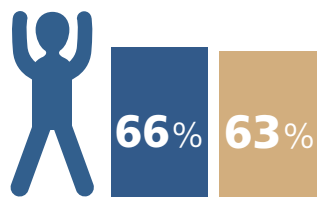
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Being active has a wide range of protective benefits for our health, and the consequences to the NHS of not addressing inactivity levels are all too clear – rising levels of obesity, Type 2 diabetes, and reduced mobility.

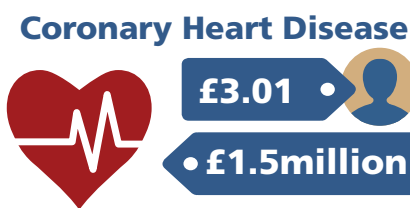
The UK Chief Medical Officers' guidelines recommend all adults aim to do at least 150 minutes per week of moderate to vigorous activity.

How active are people in Cardiff & Vale University Health Board



National Survey for Wales, 2014/15

In 2015 CVU Health Board spent the following treating the consequences of physical inactivity in their population



Figures based on 2014/15 data. Public Health Wales Observatory, 2017

Cost per person, CVUHB

Total treatment cost, CVUHB



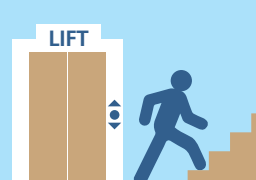
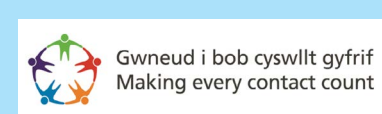
All NHS bodies in Wales should...

- Support staff and the public to walk or cycle to NHS sites.
- Train staff to have the confidence and knowledge to talk about being active with patients and colleagues.
- Ensure enabling patients to be active is integrated into all chronic disease pathways.



All Health Care Professionals in Wales can help by...

- Learning more about the benefits of being active for a wide range of physical and mental health conditions.
- Talking about being active with patients and colleagues.
- Finding ways to build being active into their own everyday lives.



Beth mae anweithgarwch corfforol yn ei gostio i Fwrdd Iechyd Prifysgol Caerdydd a'r Fro (BIPCF)?



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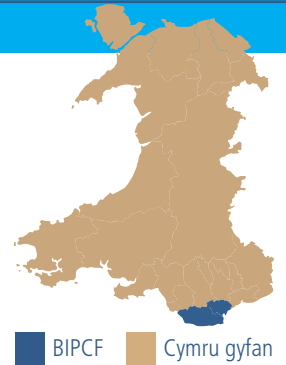
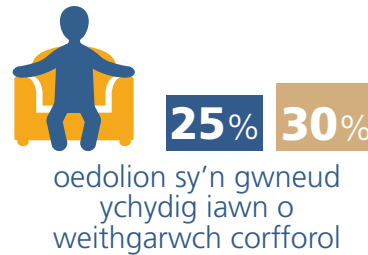
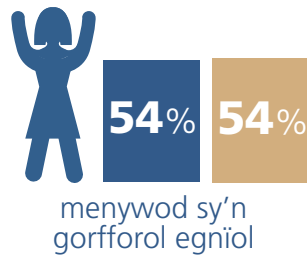
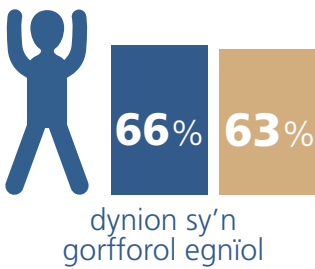
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Mae bod yn egniol yn golygu amrywiaeth eang o fanteision amddiffynnol i'n hiechyd, ac mae'r canlyniadau i'r GIG o beidio â mynd i'r afael â lefelau anweithgarwch yn amlwg iawn - lefelau cynyddol o ordewdra, diabetes Math 2, a llai o symudedd.

Mae canllawiau Prif Swyddog Meddygol y DU yn argymhell bod oedolion yn ceisio gwneud 150 munud yr wythnos o weithgarwch cymedrol i egniol

Pa mor egniol yw pobl yn Bwrdd Iechyd Prifysgol Caerdydd a'r Fro



Arolwg Cenedlaethol Cymru, 2014/15

Yn 2015 gwariodd Bwrdd Iechyd Prifysgol Caerdydd a'r Fro y canlynol yn trin canlyniadau anweithgarwch corfforol yn ei boblogaeth

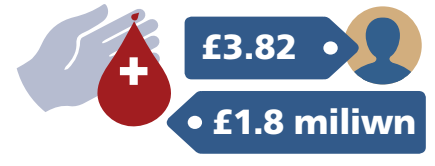
Clefyd Coronaidd y Galon



Clefyd Serebro-fasgwlaidd



Diabetes



Ffigurau'n seiliedig ar ddata 2014/15. Arsyllfa Iechyd Cyhoeddus Cymru, 2017

Cost y person, BIPCF

Cyfanswm cost y driniaeth, BIPCF



Dylai pob corff y GIG yng Nghymru sicrhau ei fod yn...

• Cefnogi staff a'r cyhoedd i gerdded neu feicio i safleoedd y GIG.



• Hyfforddi staff i gael yr hyder a'r wybodaeth i siarad â chleifion a chydweithwyr am fod yn egniol

• Sicrhau bod galluogi cleifion i fod yn egniol yn cael ei integreiddio ym mhob llwybr clefyd cronig

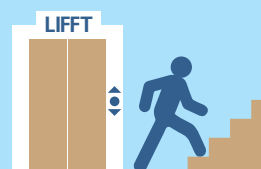
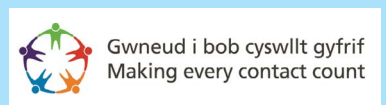


Gall pob Gweithiwr Proffesiynol Gofal Iechyd yng Nghymru helpu drwy...



• Ddysgu rhagor am fanteision bod yn egniol ar gyfer amrywiaeth eang o gyflyrau iechyd corfforol a meddyliol

• Siarad â chleifion a chydweithwyr am fod yn egniol



• Dod o hyd i ffyrdd o fod yn egniol yn eu bywydau bob dydd