



Gwneud i bob cyswllt gyfrif
Making every contact count



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Gwneud i Bob Cyswllt Gyfrif

Sgyrsiau Newid Ymddygiad Iechyd yng Nghymru
Making Every Contact Count
Health Behaviour Change Conversations in Wales

Buom yn siarad ag oedolion yng Nghymru ynghylch sgyrsiau newid ymddygiad iechyd a gawsant gyda gweithwyr iechyd proffesiynol.*
We talked to adults in Wales about health behaviour change conversations they've had with health professionals.*



95%

wedi gweld gweithiwr iechyd proffesiynol yn ystod y flwyddyn ddiwethaf

95%

had seen a health professional in the last year



Cafodd mwy na hanner sgwrs am newid ymddygiad iechyd

More than half had a health behaviour change conversation



Mae'r rhan fwyaf o bobl yn ystyried siarad am eu hymddygiad iechyd yn dderbyniol...

Most people find talking about their health behaviour acceptable...



Dywedodd dros **90%** bod eu sgyrsiau...
over **90%** said the conversations...



...wedi dangos sensitifrwydd

...were handled sensitively



...yn addas

...were appropriate



...heb wneud iddyn nhw deimlo'n swil nac yn lletchwith

...didn't make them feel embarrassed or awkward



...heb eu gwylltio na gwneud iddyn nhw deimlo'n ddig

...didn't make them angry or cross



Dros draean o bobl wedi rhoi newidiadau ar waith yn dilyn y sgwrs...

Over a third of people had made changes following the conversations...



Roedd sgyrsiau newid gan mwyaf ynghylch...
Change conversations were mostly about...



Ysmygu
Smoking



Gweithgaredd corfforol
Physical activity



Deiet
Diet



Alcohol
Alcohol

Gallwch chi hefyd wneud i bob cyswllt gyfrif.

Ymunwch â'r nifer cynyddol o weithwyr proffesiynol yng Nghymru sy'n helpu i wella iechyd y genedl drwy sgyrsiau effeithiol am newid ymddygiad.

You too can make every contact count.

Join the growing number of professionals in Wales who are helping to improve the nation's health through effective behaviour change conversations.

Am fwy o wybodaeth ewch i **www.mecc.wales**

You can find out more at **www.mecc.wales**