



Comisiynydd  
Cenedlaethau'r  
Dyfodol  
Cymru

**Future  
Generations**  
Commissioner  
for Wales

# The Future Generations Report 2020



**Let's create the future together**

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# Chapter 5

## **Areas of focus**

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# Future Generations Report 2020

## Areas of Focus: Health and Wellness System

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Better ways to keep people well

**03**

My contribution to the realisation of the vision  
for health and a wellness system

**04**





# Health and wellness system

## Better ways to keep people well

Finding better ways of keeping people well has been one of my areas of focus in the past few years, as good health is one of the main building blocks of wellness and opportunity.

My work in this space is detailed in the 'A Healthier Wales' section of Chapter 3, with a range of key findings and recommendations related to a national wellness system, mental health, physical activity and the need for place-based approaches to wellness.

There is also a significant overlap with my work monitoring and assessing the Welsh Government budget process, with a focus on prevention, and which is outlined in greater detail in [Chapter 2 – Part 2: The role of Welsh Government in implementing the Act.](#)





## My contribution to the realisation of the vision for health and a wellness system



### To support the achievement of the well-being goals, in relation to the goal of A Healthier Wales, I have:

Provided advice to Welsh Government on their key mechanisms to manage health bodies, including Integrated Medium-Term Plans, performance management approaches and some of the programmes resulting from the 'A Healthier Wales' strategy.

Focused on prevention as part of my monitoring and assessing of the annual Welsh Government budget process. As a result, government have developed a definition of prevention, and published a 'Budget Improvement Plan' with a section on prevention.

Worked with partners across Wales and the UK to scope out what a different approach to investment in wellness could look like.

Worked in partnership with Public Health Wales, including through a joint resource on futures and long-term thinking.

Provided advice to health bodies to support them in aligning their work to the requirements of the Well-being of Future Generations Act.

Played a constructive role in relevant networks and groups, such as the 'Building a Healthier Wales' group.

Involved key stakeholder organisations and groups in shaping this work.





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