

 <p> GIG CYMRU NHS WALES </p> <p> Iechyd Cyhoeddus Cymru Public Health Wales </p>	<p>Name of Meeting Knowledge, Research and Information Committee</p> <p>Date of Meeting 5 December 2024</p> <p>Agenda item: 3.3</p>
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Promoting Health Behaviours (Addictive Behaviours) – Data, Evidence and Research Update	
Executive lead:	Jim McManus, National Director Health and Wellbeing
Authors:	<ul style="list-style-type: none"> Julie Bishop, Director of Health Improvement; Strategic Priority Lead Promoting Healthy Behaviours. Rick Lines, Head of Programme Substance Misuse

Approval/Scrutiny route:	n/a
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Purpose
<p>This paper provides a brief overview and update on progress since the Deep Dive on Promoting Healthy Behaviours (Addictive Behaviours) in December 2023 and complements the paper considered by the Committee at its September meeting on the remainder of the Strategic Priority.</p> <p>The 2023 Deep Dive provided information that outlined the mechanisms and arrangements that the organisation has in place, was developing or which needed development to ensure that it is able to monitor the impact of health related behaviours on the health and wellbeing of the people of Wales, to assess need, and to monitor and evaluate the impact of public health action.</p>

Recommendation:				
APPROVE <input type="checkbox"/>	CONSIDER <input type="checkbox"/>	RECOMMEND <input type="checkbox"/>	ADOPT <input type="checkbox"/>	ASSURANCE <input checked="" type="checkbox"/>
<p>The committee is asked to:</p> <ul style="list-style-type: none"> Note the planned work in line with the strategy development process. Receive assurance that work has continued to strengthen and build upon the use of data, evidence and research to inform public health action to maximise the 				



impact of healthy behaviours on population health and wellbeing in relation to our Long Term Strategy priority area.

Link to Public Health Wales [Strategic Plan](#)

Public Health Wales has an agreed strategic plan, which has identified seven strategic priorities and well-being objectives.

This report contributes to the following:

Strategic Priority/Well-being Objective	3 - Promoting healthy behaviours
Strategic Priority/Well-being Objective	Choose an item.
Strategic Priority/Well-being Objective	Choose an item.

Summary impact analysis

Equality and Health Impact Assessment	n/a, the report is an update for information not for decision.
Risk and Assurance	
Health and Social Care (Quality and Engagement) (Wales) Act	n/a
Financial implications	n/a
People implications	n/a

1. Purpose and situation update

At its meeting in December 2023 the Committee undertook a Deep Dive into the extent to which the organisation had the appropriate data, research and evaluation systems in place to effectively monitor the Organisation’s impact and role as a system leader in the promotion of healthy behaviours with a focus on addictive behaviours (KRIC 4.1/2023.12.05). The report highlighted what was in place, what was in development and what future work was required.

- Promoting Healthy Behaviours is one of the priority areas within Public Health Wales long term strategy and recognises the importance of health-related behaviours in the prevention of non-communicable disease.
- An update was provided on other topics within the strategic priority including alcohol at the September meeting of the Committee.

The 2023 Deep Dive presentation adopted a public health approach as a framework and sought to identify at each stage of that process what the data, evidence, research and evaluation requirements were and the extent to which these were in place. As outlined above, this did not represent a separate or additional action plan with specific commitments and deliverables but provided an overview of the context, scope and approach.

Four strands of work – outlined in the table below - are currently underway using the “public health” approach on addictive behaviours set out in December 2023 on addictive behaviours and as part of this each is currently identifying our monitoring, data, evidence and research needs. We will bring these together in a single data, research and evidence plan for the strategic priority as part of the route-map work described in Section 4 below.

Workstream underway	Actions and summary of progress
1. Co-ordination across and within Public Health Wales and advice to government on a strategy (underway)	<ul style="list-style-type: none"> • See section 2 below • This workstream is leading a comprehensive needs assessment and considering data and research needs as part of this and part of its overall work. This will feed into the research, data and evidence plan
2. A comprehensive needs assessment (underway)	<ul style="list-style-type: none"> • Led by the cross-Directorate group this needs assessment is intended to inform strategy, policy and action including future national policy.

<p>3. The board performance framework (underway)</p>	<ul style="list-style-type: none"> Monitoring our programmes of work is taken forward through the developing Board performance report and through reports to other Board sub-committees such as QSIC.
<p>4. The development of the priority route maps for the Long Term Strategy (underway)</p>	<ul style="list-style-type: none"> The route-maps will be the key piece of work which underpin our delivery of the Long-Term Strategy. We have been identifying data, research and evidence needs through this process. We will bring these together in a single data, research and evidence plan for the strategic priority as part of the route-map work described in more detail in Section 4 below.

During each of these pieces of work we have considered research, evidence and data needs and when the route map work is complete (see section 3 below) we will be in a position to produce a data, research and evidence plan.

Section 5 below sets out in detail our current progress on indicators and

2. Co-ordination within Public Health Wales and Needs Assessment

A cross organisational group, chaired by the National Director of Health and Wellbeing has been convened and is *inter alia*

- reviewing our strategic approach to substance use in line with the Public Health Approach outlined in December 2023
- Leading a comprehensive needs assessment relating to alcohol and drug related harm is in progress. (Completion due Easter 2025.)
- Identifying the components of a high performing drugs and alcohol system in Wales from a public health perspective
- Co-ordinating existing work across Directorates and identifying gaps in action, policy and evidence
- Consider the current mechanisms for Public Health Wales to give evidence and data –based advice to Welsh Government and review these

The group's work overall is feeding in research, evidence and data needs to both the needs assessment and the route-maps. This will also contribute to the setting of outcomes and indicators covered in Section 5 below.

3. National Policy Context

The Healthy Behaviours priority acknowledges in its work the close relationship with national strategies and plans. Currently, for drugs and alcohol there is not a national strategic plan. As part of our cross-directorate work, respective leads have recently established a stronger working relationship with Government policy leads in this area. Following discussions we are hopeful that work will shortly commence to develop a new strategic plan.

As part of this we intend that the needs assessment and the data, research and evidence plan identified above will be important products to inform the new strategic plan as well as realising a public health approach to addictive behaviours across Wales.

4. Route Maps for the Long-Term Strategy

The Public Health Wales Long Term Strategy sets out our ambitions for improving the health of the people of Wales in relation to six strategic priority areas, one of which is Promoting Healthy Behaviours. System outcomes relating to these priority areas have been identified and a core group of indicators relating to these outcomes have been agreed.

Currently each of the strategic priority leads, working with colleagues from across the organisation, is developing a route map to set out the key steps to 2035 and scope the areas of work that are needed to achieve the improvements outlined, in line with our organisational role and remit.

- The corporate timetable for completion of these route maps is Quarter 4 2024-25.
- Detailed work on the route-maps will be considered by the Executive Team and Leadership Forum in December before being brought to a Board Development Session in December as part of preparation of the IMTP.

The needs for research, data and evidence are being considered integrally as part of that work, aligned to the key work streams identified.

When the route map for each priority is completed we will produce a data, research and evidence plan for that strategic priority which informs the work of contributing directorates moving forward. This plan will bring together all the research, data and evidence needs

5. Healthy Behaviours Strategic Priority – Outcomes and Indicators

The Strategy states that the Healthy Behaviours priority ‘will focus mainly on behaviours which have the largest effect on preventable ill health, disability and early death. We are also aware of how these behaviours contribute to the health of the planet as well as the health of individuals.’ The strategy then sets out the following outcomes and associated indicators.

Outcome	Indicator and latest measure
Reducing the prevalence of smoking to 5% by 2030	<ul style="list-style-type: none"> • Proportion of the adult population who smoke • (13% National Survey for Wales (NSW) 2023)
Increasing the proportion of the population who are a healthy weight	<ul style="list-style-type: none"> • Proportion of adults with a self reported BMI of 20 – 24.9 kg/m² • (37% NSW 2023)
Increasing the proportion of the population who are active	<ul style="list-style-type: none"> • Proportion of adults meeting the CMO guidelines for physical activity • (55% NSW 2023)
Increasing the proportion of the population whose use of alcohol is low risk	<ul style="list-style-type: none"> • Proportion of adults drinking less than 14 units of alcohol per week • (55% NSW 2023)¹

A further outcome has yet to be agreed in relation to the harm from drug use. The comprehensive needs assessment and route-map in progress will inform the setting of this outcome.

The Tables below provide further detail on the work presented as part of the deep dive in 2023 and an indication of progress where appropriate.

Understand and describe the health of the population	
What are we developing	Progress to Date

¹ This is not strictly a measure of low risk drinking and further work is needed to refine measures in this area



<ul style="list-style-type: none"> • Gambling data profile tool in partnership with Swansea University • Partnership work with the LPHT network to think about indicators we need on a profile • IPED use – March • Regional population at health board level • Estimates of population level drug use 	<ul style="list-style-type: none"> • We have developed a methodology and undertaken analysis of the School Health Research Network data to understand the relationship between use of different substances by young people. This methodology will be applied to the latest data which is now available and further work is being planned to understand the patterns of use at school level. • A comprehensive multi-stage needs assessment for Drug and Alcohol Use has commenced. This is informing the Cross Organisational work on Drugs and Alcohol and is also drawing in work being undertaken by other bodies such as the Joint Commissioning Committee which is reviewing Drug Treatment Services. • The Health Improvement Division have utilised the latest 2021 Global Burden of Disease Study data for Wales to inform work on the leading behavioural causes of death and disability in Wales • Work on Gambling has been paused while we await confirmation of the outcome of the consultation on the Gambling levy and relative roles and responsibilities within the system at UK and Wales level. • Discussions underway with University of Bristol on collaborative work to develop a population size estimate on IDU for Wales
<p>What do we need to develop</p>	
<ul style="list-style-type: none"> • Routine data on gambling and drug use rates and impact in population surveys • Data that is Wales specific • Data that is accessible • Prevalence data for drug use from routine surveys • Data for non-opiates • Granular data on demographics • Substance use profiles 	<ul style="list-style-type: none"> • The substance use needs assessment is helping to identify what data and information is available and how that can be used more effectively. It will also identify areas where data is not available or of poor quality.

Understand and describe the underlying causes of disease	
<i>What we are developing</i>	<i>Progress to date</i>
<ul style="list-style-type: none"> • Understanding of risk behaviour by young people • Qualitative research on cannabis and tobacco co-use 	<ul style="list-style-type: none"> • Research has been commissioned to gather qualitative insights into the risk behaviours among young people to complement the quantitative data • The qualitative research into cannabis and tobacco co-use has been completed. • We have also brought together a group to consider the concerns about the possible rise in deaths at Parc Prison in Bridgend. We have taken an incident management approach and the first stage has been to review the data and evidence to establish where the rates of death are in excess of what would normally be expected.
<ul style="list-style-type: none"> • Data profiles of cross cutting risks for substance use, alcohol and gambling 	<ul style="list-style-type: none"> • An analysis of the 2021 data was undertaken and the intention is to repeat this with the 2023 data now that it is available.
Understand the evidence base for action on the determinants	
<i>What are we developing</i>	<i>Progress to date</i>
<ul style="list-style-type: none"> • Research on the effect of incarceration on patterns of drug use and risk 	<ul style="list-style-type: none"> • Funding secured between CDIHP and University of South Wales, and research plan underway.
<i>What do we need to develop</i>	<i>Progress to date</i>
<ul style="list-style-type: none"> • Cross cutting risks • Understand how to increase protective factors at a population level • Data which helps ensure the most at-risk population are targeted 	<ul style="list-style-type: none"> • This work will be taken forward following the recommendations of the Cross Organisational Working Group and the Substance Use Needs Assessment.
Support the development of policy and strategy to address the determinants	
<i>What do we need to develop</i>	<i>Progress to date</i>



<ul style="list-style-type: none"> • Cross organisational public health approaches 	<ul style="list-style-type: none"> • Cross Organisational Group has been established
Mobilise and enable the system to act collaboratively	
<i>What we are developing</i>	<i>Progress to date</i>
<ul style="list-style-type: none"> • Evaluation framework for gambling prevention and treatment 	<ul style="list-style-type: none"> • Work on Gambling has been paused while we await confirmation of the outcome of the consultation on the Gambling levy and relative roles and responsibilities within the system at UK and Wales level.
Delivery at Scale: Monitoring and Evaluation	
<i>What are we developing</i>	<i>Progress to date</i>
<ul style="list-style-type: none"> • Data which enables the system to understand the impact of action; identify need and monitor trends 	<ul style="list-style-type: none"> • We intend to make recommendations for improved system level monitoring and improvement arising from the needs assessment work for consideration by Government in developing a future plan.

Recommendation

The committee is asked to:

- **Note** the planned work in line with the strategy development process.
- **Receive assurance** that work has continued to strengthen and build upon the use of data, evidence and research to inform public health action to maximise the impact of healthy behaviours on population health and wellbeing in relation to our Long Term Strategy priority area.