



Healthy Society
~ *Healthy Nation*



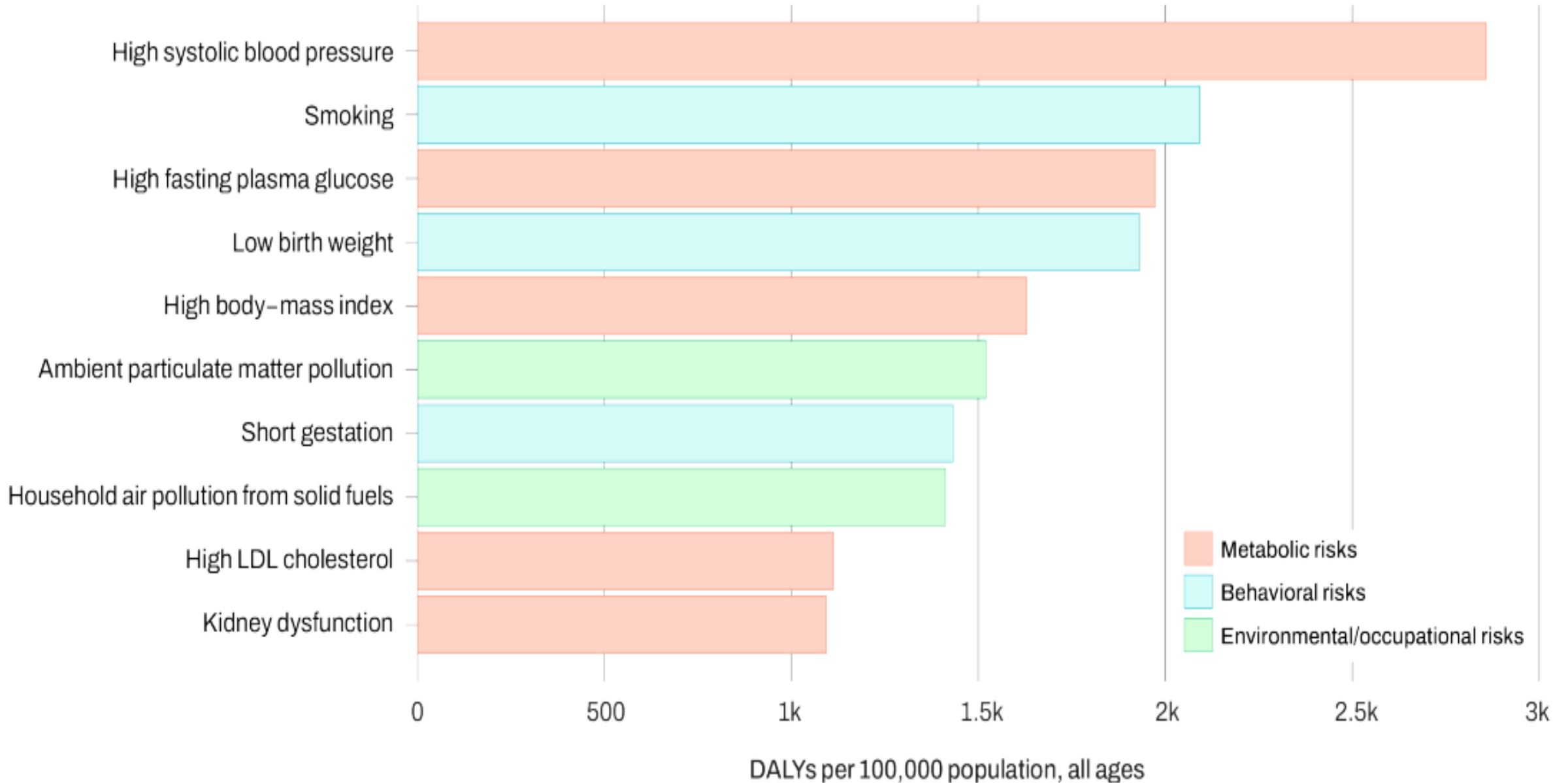
Global Burden of Disease 2021

Findings from the GBD 2021 Study

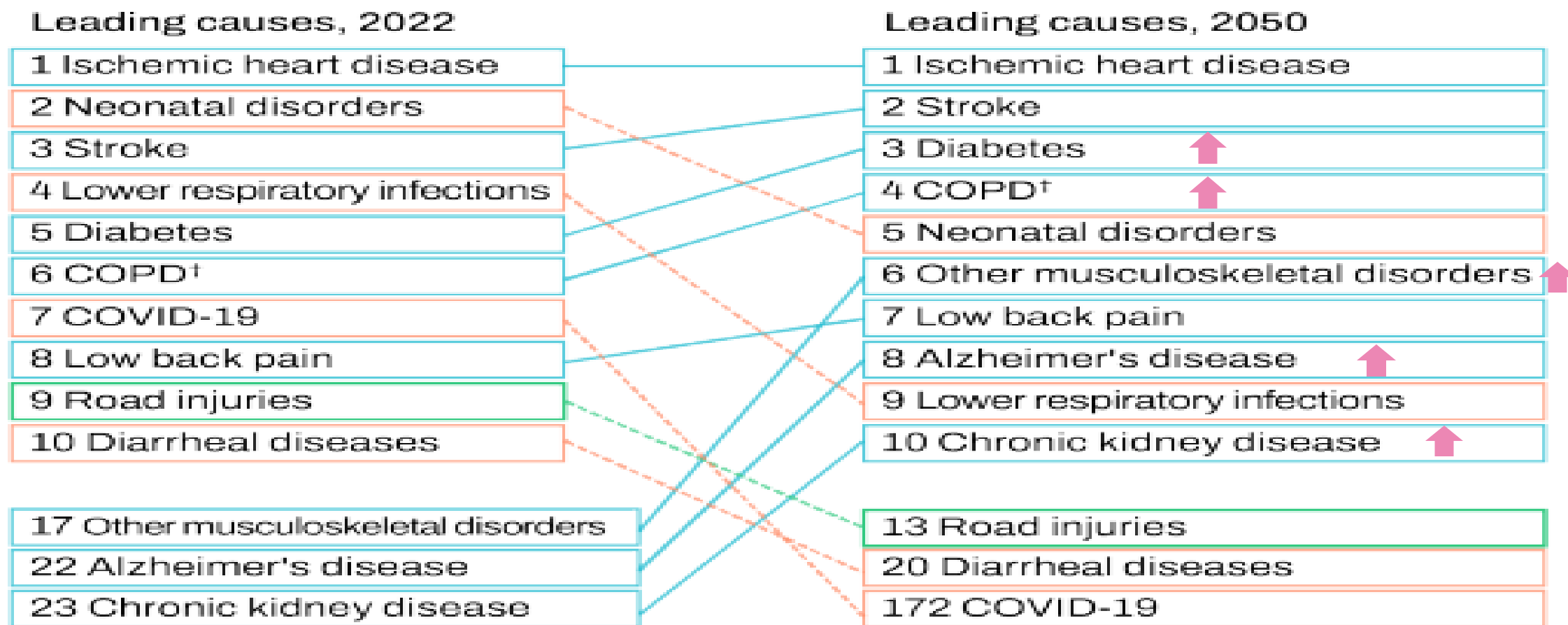


Institute for Health
Metrics and Evaluation

Leading Risk Factors for Disease Burden 2021



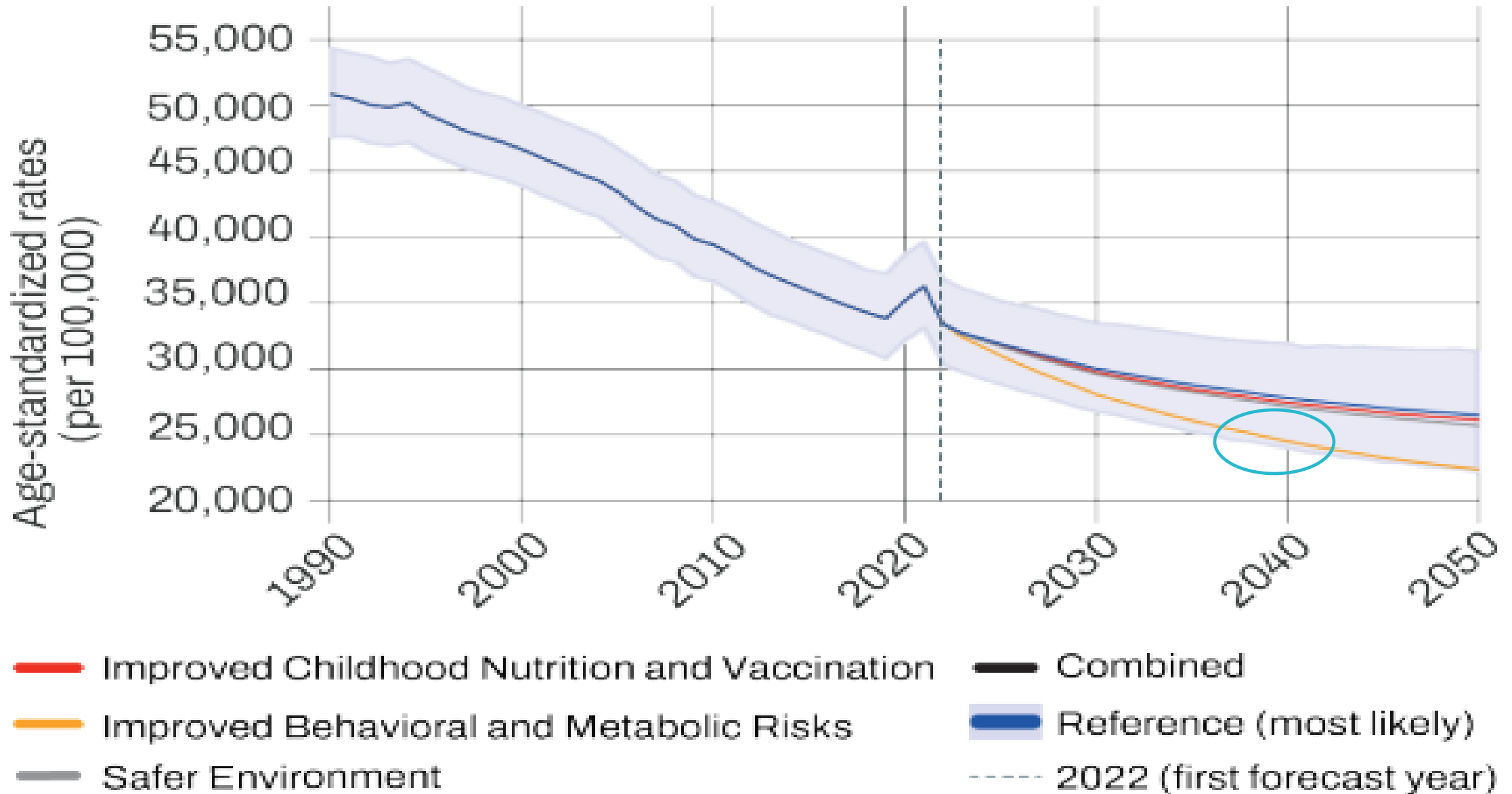
Leading Causes of Disease Burden Worldwide in 2022 Versus 2050



Non-communicable diseases Injuries
 Communicable, maternal, neonatal, and nutritional diseases
[†]Chronic obstructive pulmonary disease

*Measured in number of disability-adjusted life years (DALYs)

Forecasted Global Disease Burden by Scenario Through 2050

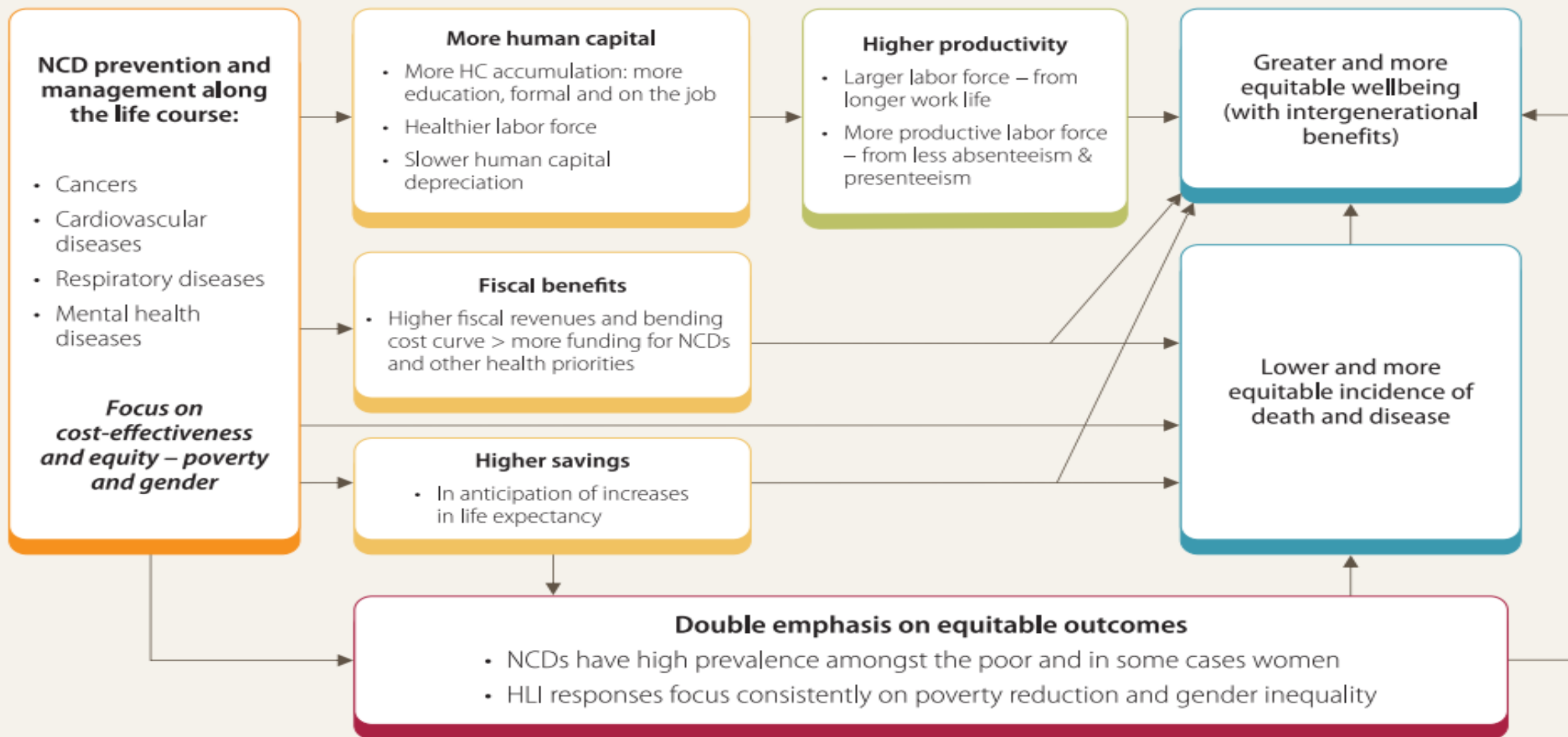


UNLOCKING THE POWER OF HEALTHY LONGEVITY

Demographic Change, Non-communicable Diseases, and Human Capital



Conceptual framework to address NCDs, human capital, productivity, and wellbeing



Source: Original figures for this publication, based on O’Keefe and Haldane (2024).

Note: HC = human capital; HLI = Human Longevity Initiative; NCDs = Non-communicable diseases.

HEALTH IN ALL POLICIES





Wellbeing Economy

Well-being economies are economies that prioritise human, social, planetary and economic wellbeing, which constitute the well-being “capitals”. These include important assets such as trust, social cohesion, participation, environmental sustainability and quality employment, which are crucial for developing healthy, fairer and prosperous societies where people can thrive.



Impact of the Health Sector in the National and Regional Economy



Direct Impact

... is vital to determining the economic performance and stability of a country and a key sector in the implementation of local and national goals for sustainable development.

Indirect Impact

... has a positive impact on the economic performance of other sectors that make up the national economy, through jobs created, both directly, and indirectly through purchasing.

Induced Effects

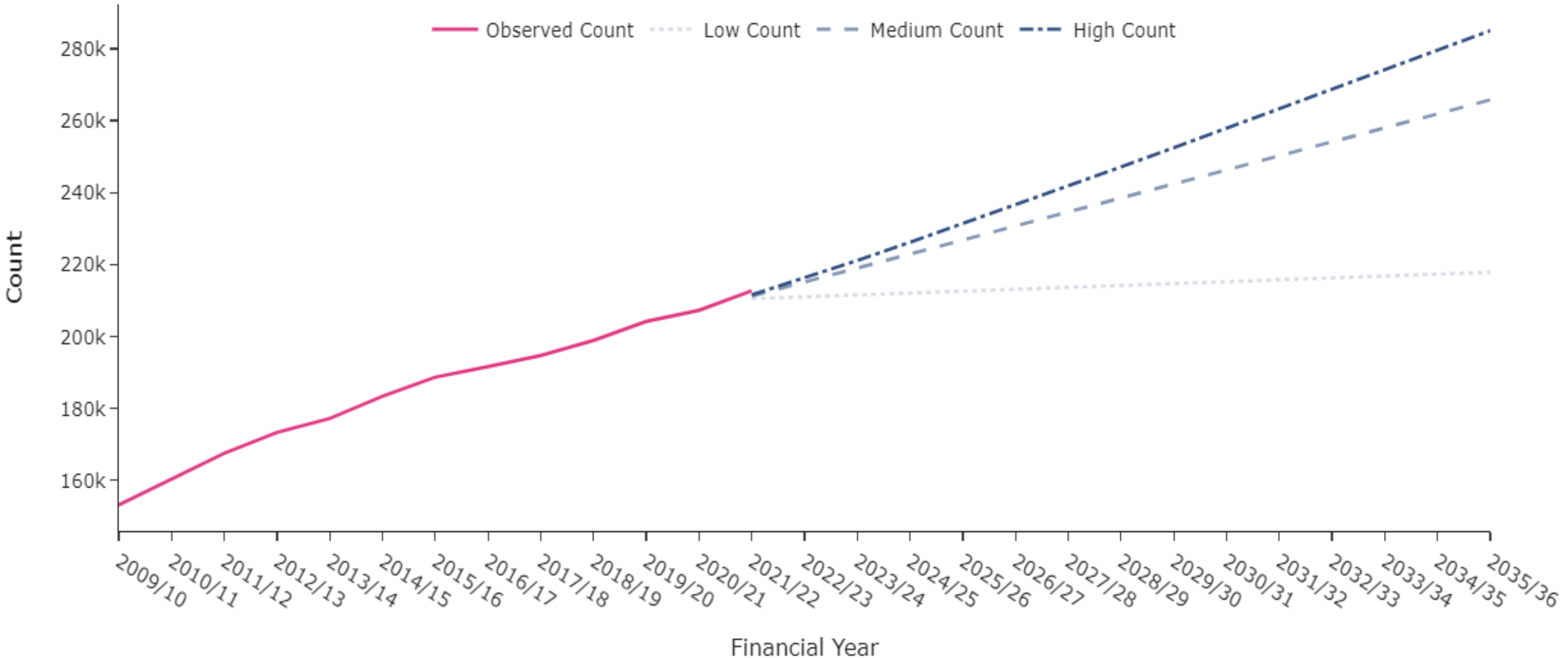
... reduces social exclusion at the local level through its impact on employment, working conditions and household income.

A monochromatic red-tinted photograph of three Welsh rugby players. The player on the left is holding a Gilbert rugby ball. The player in the center has a surprised expression. The player on the right is clapping. The word 'WALES' is written in large white letters across the middle of the image.

WALES

Diabetes Prevalence and Projections

Observed (2009/10 to 2021/22) and projected (2021/22 to 2035/36) diabetes registrations, counts, persons all ages, Wales



Diabetes Facts in Wales

Type 2 diabetes makes up 90% of all diabetes cases

- At the current rate, we estimate that in ten years, one in 11 adults in Wales will have type 2 diabetes.
- Over 10% of hospital admissions are people with diabetes.
- Costs are around £425m before including primary care, prescriptions and other costs
- £92.3 million spent on drugs used to manage diabetes in 2021/22 → increased to £105 million in 2022/23
- About 10% of the NHS budget in Wales is spent on people with diabetes





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CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Investing in a Healthier Wales: prioritising prevention



A strong sustained commitment to prevention can reduce the burden and costs of ill health to the health and care system, with public health interventions offering a return of £14 for every £1 invested.

Despite the fragility of public sector finances, now is the time to prioritise investment in people's health and well-being. Such investment can reverse the decline in the nation's health, address the root causes of health inequalities and enable the people of Wales to live longer, healthier and happier lives

17 year gap in healthy life expectancy between our most and least deprived communities in Wales



The cost of health inequalities to acute NHS services in Wales is £322 million per year



Poverty is a leading cause of health inequalities



Investing in prevention cannot be done in isolation



Focus on high impact programmes with significant, scalable potential



Long-term commitment to fully realise the impact





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WALES

Iechyd Cyhoeddus
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Public Health
Wales

Investing in a Healthier Wales: prioritising prevention



Early years and children

The child death rate in Wales is **70% higher** for children living in our most deprived communities compared with their most affluent neighbours (RCPCH, 2020).

Programmes aimed at supporting children and their families to live well can often have the greatest impact on the health and well-being of children through to adulthood.

There are many programmes that have a positive financial return on investment (ROI) as well as impact:

Integrated services for maternal and parental mental health



Programmes promoting breastfeeding can save the NHS around **£50 million annually** by improving mental health and reducing hospital admissions

Breastfeeding support to improve the uptake of breastfeeding



Oral health programmes



After 5 years, targeted supervised tooth brushing yielded **£3.06 for every £1 invested**

Vaccination and screening programmes

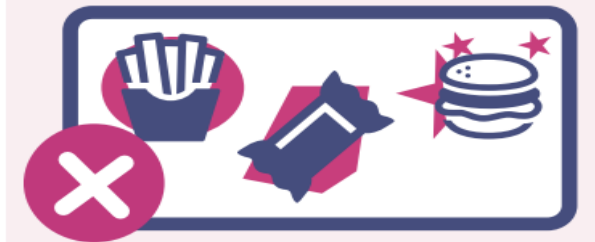


Universal early years education, especially for low-income families can yield **£1.31 for every £1 spent**

School and community programmes to support healthy childhood development



Reducing exposure to food advertising





Healthy Adults

People living in our most deprived communities have a much higher chance of death from avoidable causes (3.7 times for males and 3.8 times for females) (ONS, 2019).

The findings emphasise the need to support healthy behaviours, mental well-being and address the wider determinants of health. The programmes reflect a cross-sector approach providing effective services and supportive, enabling environments.

Example of evidence identified with a positive impact and positive return on investment include:

Increasing access and uptake of smoking cessation services



Workplace programmes to improve mental health



Reducing the accessibility of alcohol



Physical activity programmes including access to green and blue spaces



Cross sector programmes aimed at reducing violence



Primary care programmes including social prescribing





Healthy Ageing

There is a 17-year gap in healthy life expectancy for women living in the most and least deprived areas of Wales. This gap is 13 years for men.
(Welsh Gov, 2023d).

A holistic approach is required to ensure healthy ageing with a recognition of the value of older people and their contribution to society. Social return on investment (SROI) provides evidence for the wider social value of healthy ageing.

Examples of evidence identified with a positive impact and positive return on investment include:

Falls prevention programmes

Falls prevention programmes can return financial results back within a three year time frame, which is much shorter than many interventions

Improving housing through heating and insulation upgrades

Housing insulation programmes can provide an ROI of **£1.87 for every £1 invested**

Promoting independent living for older people

Prediabetes management programme

My Life programme for prediabetes, showed an SROI of **£4.23 to £5.07 per £1 invested**

Providing support to carers

Community based programmes of any type that help to address loneliness and social isolation

Investing in arts and creativity programmes for older adults' health and well-being can generate positive returns

**Key ingredients
for a successful
transitioning to a
well-being economy**

Creating an environment that fosters equity and equal opportunities

Cross-sector working and cross-level capacity building

Accountability mechanisms

Continuous participatory and co-production approaches that include citizens in decision-making and implementation processes

Metrics and measures to capture and utilize drivers and signs of subjective and objective well-being

Binding legislations/ legislating the interests of future generations

Long-term and futures thinking in policy development

Accurate data and evidence focused around inequalities

Shifting resources and investments to prevention and early intervention



***He who has health has
hope, and he who has hope
has everything.***

Thomas Carlyle