



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

Director of Public Health Annual Report 2018/19



Easy Read Version



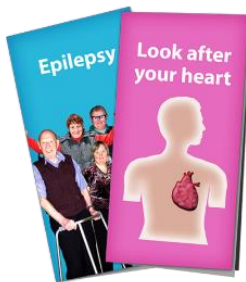
This is the Annual Report from the Director of Public Health



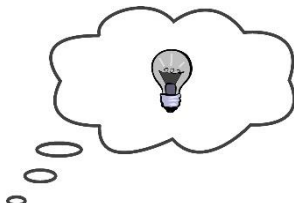
It is for Hywel Dda University Health Board



A report like this is done every year



This year it is about **Health and Wellbeing**



The Health Board has decided to make changes.



These changes will work towards preventing illness and will support people to live healthy lives.



Preventing illness will mean there is less pressure on healthcare services.



The health service will still give treatment to patients but will also talk to people about their lives and health.



Things to talk to patients about include:



- Good work



- Money



- Housing



- Good food



- Friends and family



- Where you live



If all these things are okay, people are generally happier and healthier.



This means people might not need health treatment as much.



The Health Board will work together with local authorities and others to make sure these things happen for everyone.



This kind of help is happening already but more can be done.



We have made 3 tools to help us:



The Wellbeing Lens



The Compendium



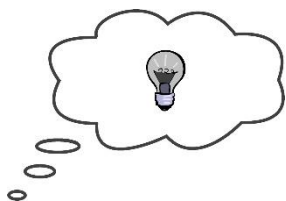
and the Team Lens



? The Wellbeing Lens is a set of questions that will help people have different conversations about health and wellbeing.



These questions focus on how to:



- Prevent problems



- Look at what assets (things of value) the patients have



- Encourage each other to work together to find a long term solution



The Health Board has committed to support people who want to change the system.



Over the next three years the plan is to:



- Communicate with the public, staff and partners even more



- And use the new tools to change how we talk about health with people.



This will not be easy, but it is important to make these changes to improve health and wellbeing.



This Easy Read Summary was made by
Planet Easy Read



We use Photosymbols