

Welsh Government host public events in Mid Wales to tackle obesity as part of new plan

The Welsh Government has launched a new plan to help people in Wales maintain a healthy weight and wants to hear the people of Wales' views on the actions proposed.

Launched by Health Minister Vaughan Gething '[Healthy Weight: Healthy Wales](#)' is an online consultation with a series of engagement events across Wales.

A number of events will take place in Mid Wales in February including a public launch on Monday 11 February at the Metropole Hotel in Llandrindod Wells starting at 6:30pm, where people will have an opportunity to hear more about the proposals as well as share their own ideas on how to best tackle obesity in Wales.

Information and representatives will also be on hand in the following locations to capture people's views:

- Wednesday 13 February, between 10:30am-11:30am – Newtown Integrated Family Centre, Park Street, Newtown
- Friday 15 February, between 9am-12pm – Aberystwyth University Students' Union
- Friday 15 February, between 2pm-5pm – Aberystwyth town centre, located on A487 opposite Barclays Bank and Lloyds Pharmacy
- Saturday 16 February, between 9am-3pm – Bear Lanes Shopping Centre, Newtown, located near Broad Street entrance

Being overweight increases the risk of developing major health conditions such as coronary heart disease, type 2 diabetes and some cancers. It is also a risk to people's mental health leading to low self-esteem, depression and anxiety.

Health Minister, Vaughan Gething, said:

"This is an issue we simply cannot ignore, it is the greatest public health challenge facing our generation and I urge people to engage fully with this consultation.

"Tackling the root causes of why people become overweight is complex; it will require intervention at every level. We are under no illusion – there is no quick fix or easy solution to this problem. The proposals outlined are based on the best evidence available of what could work to turn the tide on obesity."

Stuart Bourne, director of public health for Powys Teaching Health Board,

said:

“I welcome the opportunity to respond to the Healthy Weight, Healthy Wales consultation and encourage everyone with an interest in health and wellbeing to get involved. Being overweight or obese increases the risk of developing serious health conditions, including high blood pressure, coronary heart disease, type 2 diabetes, stroke and some cancers.

“With over a quarter of four to five year olds and nearly two thirds of adults being either overweight or obese, it is clear that this is a major priority for population health. A strong strategic approach involving partners and the public – nationally and locally – will be critical if we are to be successful in tackling obesity and its damaging effects on health and wellbeing.”

The proposals set out in the consultation have a strong focus on prevention and are supported by research and international evidence from Public Health Wales into what can help people maintain a healthy weight. Feedback from the public gathered during the consultation will be used to help inform the final Healthy Weight: Healthy Wales strategy, due to be published in October 2019.

The consultation runs until 12 April 2019. To read the consultation document and proposals in full, as well as respond, visit <https://beta.gov.wales/healthy-weight-healthy-wales>.