

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

In Wales 60 % of the adult population and 27% of four and five year olds are overweight.

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 in January, February and March.

The first events will take place in North Wales with a launch and public meeting at the Quay Hotel in Conway on Tuesday 29 January starting at 6:30pm. People will have an opportunity to hear more about the proposals as well as share their own ideas on how to best combat obesity in Wales.

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

- Tuesday 29 January, 6:30pm-8:30pm – Quay Hotel, Conwy
- Wednesday 30 January, between 9am-1pm – Conwy Farmers Market
- Thursday 31 January, between 9am-5pm – Bangor University
- Friday 1 February, between 10am-4pm – High Street, Bangor
- Saturday 2 February, between 10am-4pm – Queens Square, Wrexham

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.

Teresa Owen, Executive Director Public Health at Betsi Cadwaladr University Health Board, said:

"Obesity is a major public health issue, with many people in North Wales struggling to maintain a healthy weight. The Betsi Cadwaladr University Health Board is working hard to review and implement new healthy weight approaches to support children and adults.

"In addition, teams are working with partners to encourage people to be more active, as part of the Let's Get Moving and Sport North Wales collaborative, so we welcome the opportunity to comment on the new Healthy Weight: Healthy Wales Strategy and encourage other partners to be involved in the North Wales launch."

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.”

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>.