

Sut gall bioamrywiaeth ddiogelu a gwella iechyd cyhoeddus

How biodiversity can protect and improve public health

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Hwb Iechyd & Cynaliadwyedd | Health & Sustainability Hub
ICC | PHW

Pam fod Bioamrywiaeth yn bwysig?

- mae iechyd y blaned yn gysylltiedig ag iechyd corfforol a meddyliol pawb – mae arnom ANGEN natur!
- bydd amddiffyn natur yn diogelu pobl
- nid oes gan bobl yng Nghymru fynediad cyfartal i natur a mannau gwyrdd
- mae'r DU (a Chymru) yn un o'r gwledydd sydd wedi disbyddu fwyaf o ran natur yn y byd

Why Biodiversity matters?

- health of the planet is connected to everyone's physical and mental health – we NEED nature!
- protecting nature will protect people
- people in Wales do not have equal access to nature and green spaces
- UK (& Wales) is one of the most nature-depleted countries in the world

Effaith a buddion?

Risgiau iechyd colli amrywiaeth biolegol:

- mynediad i ddŵr ac ansicrwydd bwyd,
- colli bywydau a bywoliaeth,
- lledaeniad afiechydon heintus,
- cynnydd mewn afiechydon anheintus a phroblemau iechyd meddwl,
- gostyngiad capasiti i ddatblygu meddyginiaethau newydd wedi'u deillio o natur

Manteision (hanfodol):

- iechyd da a lles seicolegol uwch,
- Lliniaru yn erbyn llygredd aer,
- gweithgarwch corfforol mewn amgylcheddau awyr agored gwyrdd,
- rhyngweithio cymdeithasol a rhwydweithio cymdeithasol gwell

Impacts & benefits?

Health risks of biodiversity loss:

- access to water and food insecurity,
- loss of lives and livelihoods,
- spread of infectious diseases,
- increases in non-communicable diseases and mental health problems,
- reduced capacity to develop new medicines derived from nature

(Critical) benefits:

- good health and higher psychological well-being
- mitigate against air pollution
- physically active in green outdoor environments
- social interaction and improved social networking

Climate Change in Wales: Health Impact Assessment - World Health Organization Collaborating Centre On Investment for Health and Well-being

D5.6-Natural-environments- and-biodiversity-Eng- final.pdf

Nature supports our health and wellbeing

Physical wellbeing

Keeping active in green and natural spaces like beaches, forests, parks and the countryside by walking, running, cycling, conservation work and playing

✓ **Health outcomes:**

- General physical health
- Cardiovascular health
- Healthier immune systems
- Healthier weight
- Mental wellbeing





Cut down on waste

Reduce, repair, reuse and recycle

♻️ [Reuse more | Wales Recycles](#)



Taking care of yourself and others

Mental wellbeing

Peaceful places; keeping active; taking notice of nature; feeling connected to nature; appreciating beauty

✓ **Health outcomes of access to green and natural spaces:**

For children and young people:

- Better emotional wellbeing
- Reduced stress and hyperactivity
- Improved resilience

For adults:

- Lower stress, depression and anxiety;
- Higher positive emotions and mental wellbeing



Taking care of nature

Reduce energy use

Save money on your bills at the same time as reducing your carbon footprint

💡 [Nest Wales](#)



Support nature and biodiversity

Make your garden wildlife friendly

🐝 [Nature on your Doorstep – Wildlife-friendly Gardening | The RSPB](#)



Social wellbeing

Places to meet with others; shared activities and experiences

✓ **Health outcomes:**

- Reduce social isolation
- Sense of belonging
- Improved mental wellbeing



Essentials for life

Clean air



Water



Food



Volunteer for a local environmental charity

You could be food growing, fundraising, litter picking or conserving nature

🌱 [I want to volunteer - WCVA](#)

Work together

Find out how communities across Wales are tackling climate change and helping nature together

🌱 [Renew Wales](#)





In the UK, **40% of species** are in decline, and **25% of mammals** are at risk of extinction

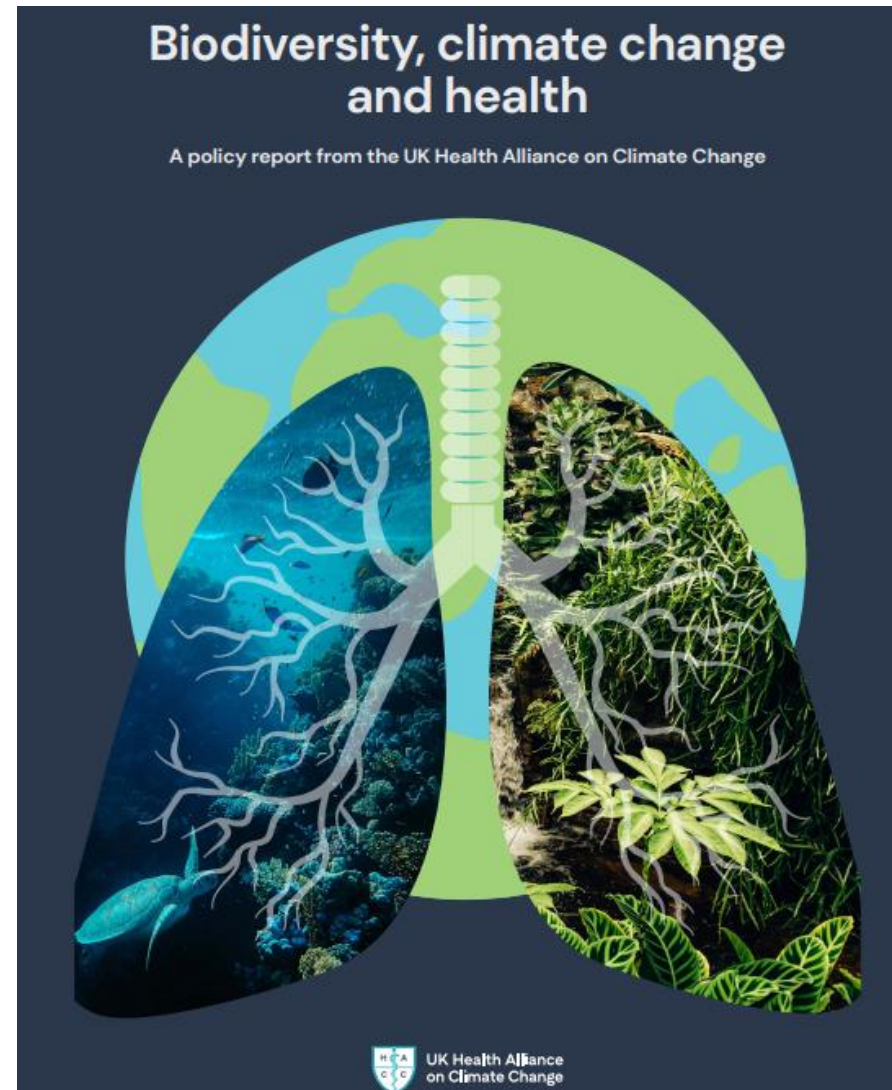
Taken from: Edmonds, N., and Green, L. (2023) Climate Change in Wales: Health Impact Assessment, Public Health Wales NHS Trust. <https://phwwooc.co.uk/resources/climate-change-in-wales-health-impact-assessment>
 Public Health England (2020) Improving Access to Greenspace: a New Review for 2020. JNCC (2021) Nature Positive 2030.


 World Health Organization
 Collaborating Centre on Investment
 for Health and Well-being


 Iechyd Cyhoeddus
 Cymru
 Public Health
 Wales

Biodiversity & public health

Biodiversity, climate change and health – UK Health Alliance on Climate Change





Hyrwyddo Byd Natur er budd Dyfodol Iach

Cynllun Gweithredu Bioamrywiaeth
Iechyd Cyhoeddus Cymru
2024 - 2027

Mae'r ddogfen yma ar gael yn Saesneg/This document is available in English



Championing Nature for a Healthy Future

Public Health Wales' Biodiversity Action Plan
2024 – 2027

Mae'r ddogfen yma ar gael yn y Gymraeg/This document is
available in Welsh

Gweithred ICC

1. I gefnogi staff i leihau eu hól troed amgylcheddol a gweithredu dros bioamrywiaeth
2. I ddangos ein hymrwymiad o fewn cynllunio, polisi a darparu gwasanaeth
3. I weithio gyda phartneriaid a nodi cyfleoedd i gyfrannu at waith ehangach i gefnogi a gwella bioamrywiaeth

PHW action

1. To support staff to reduce their environmental impact and take action for biodiversity
2. To demonstrate our commitment within planning, policy and service delivery
3. To work with partners and identify opportunities to contribute to wider work to support and enhance biodiversity



The Sustainable Steps Series

Helping our staff to make the Well-being of Future Generations Act a positive reality

Helping Nature to Flourish

"Supporting our ecosystems and biodiversity in the workplace"

Each and every one of us in the Welsh public sector has a part to play in making the Well-being of Future Generations Act and Environment Act a reality and in being the change towards the future we want for our current and future generations. Our actions today are shaping tomorrow's tomorrow. Together, we'll make sure it's a positive impact!

Partners: Bioamrywiaeth Cymru

Welsh Biodiversity Community

This guide has been produced by the Health and Sustainability Hub (Public Health Wales), in collaboration with the Welsh Biodiversity Partnership, which brings together cross-sector organisations to promote and monitor biodiversity and ecosystem action.



Public Health Wales' Biodiversity and Resilience of Ecosystems Duty Report 2025



Our Decarbonisation and Sustainability Plan 2024-2026



PUBLIC HEALTH NETWORK CYMRU E-BULLETIN
FEBRUARY 2025

GREEN AND BLUE SPACES FOR PHYSICAL AND MENTAL WELLBEING



CULTURE, VALUES AND BEHAVIOURS

Give nature a helping hand this Wales Nature Week

Gemma Gwilym (Public Health Wales - No. 2 Capital Quarter)
Assistant Communications Officer

Published 10/07/2025 · 3 min read

BYddwCh yn FWR Gwyrdd

Calendr Cynaliadwyedd Iechyd Cyhoeddus Cymru ar gyfer 2024/2025

Awydd her a allai fod o fudd i chi a'r blaned!

Mae'r calendr hwn yn llawn o gynnyddau i chi helpu i gynyddu canau gweddolus iechyd a'r gyffwrdd. Bydd rhwydweithio a'i helpu i yrru'r cynnyddau a'u gwneud yn ddwyddiau sy'n dda i'r blaned, eich iechyd a'ch poced!

Beth am ymgymryd i'r her gyda'ch cydweithwyr, i weld pwy all helpu eu herfath fyw?

Mae adnoddau cydweithwyr a gael ar safon i'ch helpu. Cynaliadwyedd.

EBRILL Lleihau gwastraff

AdfywiwCh eich dillad



Cymryd rhan
Yn ymuno â'r gweithdy Trwm Ffasiwn. Rhwydweithio a'i helpu i yrru'r cynnyddau a'u gwneud yn ddwyddiau sy'n dda i'r blaned, eich iechyd a'ch poced!

MAI Bioamrywiaeth

Creu dŏl Fach



Cymryd rhan
Cymwethu i'w hysbysu a'i helpu i yrru'r cynnyddau a'u gwneud yn ddwyddiau sy'n dda i'r blaned, eich iechyd a'ch poced!

MEHEFIN Bioamrywiaeth

RhowwCh gartref i Natur

Cymryd rhan

Dewch i'w hysbysu a'i helpu i yrru'r cynnyddau a'u gwneud yn ddwyddiau sy'n dda i'r blaned, eich iechyd a'ch poced!



GORFFENNAF Lleihau plastig

Gorffennaf di-Blastig

Cymryd rhan

Meddydwch am eich defnyddio o blastig a'i helpu i yrru'r cynnyddau a'u gwneud yn ddwyddiau sy'n dda i'r blaned, eich iechyd a'ch poced!



AWST Teithio llesol

CyMudo heb Gar



Cymryd rhan
Dewch i'w hysbysu a'i helpu i yrru'r cynnyddau a'u gwneud yn ddwyddiau sy'n dda i'r blaned, eich iechyd a'ch poced!

MEDI Arbed ynni

DiFoddwCh i arbed Mwy

Cymryd rhan

Diffoddwch atennau trydanol pan nad pŵer yn cael eu defnyddio a cheiswch i'w hysbysu a'i helpu i yrru'r cynnyddau a'u gwneud yn ddwyddiau sy'n dda i'r blaned, eich iechyd a'ch poced!



Cyfleoedd a galwad i weithredu?

- Hyrwyddo atebion dros iechyd sy'n seiliedig ar natur - mae diogelu bioamrywiaeth yn fuddsoddiad mewn iechyd cyhoeddus
- Rhaid i sectorau iechyd ac amgylchedd gydweithio
- Safleoedd y GIG a Mannau Gwyrdd
- Disgwyliad rôl gweithwyr iechyd proffesiynol?

Opportunities & call to action?

- Promote nature-based solutions for health - protecting biodiversity is a public health investment
- Health and environment sectors must collaborate
- NHS Sites and Green Spaces
- Role of Health professionals?

Gweithio gyda'n gilydd
i greu Cymru iachach

Working together
for a healthier Wales

