

“Sustainable Development Approaches to Health and Equity”

EuroHealthNet Study Visit to Cardiff, Wales

27-28 June 2016

STUDY VISIT REPORT



Index



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Introduction

[EuroHealthNet](#) is a non-profit partnership of institutions working to contribute to a healthier Europe by promoting health and health equity between and within European countries.

[Public Health Wales](#) exists to protect and improve health and wellbeing and reduce health inequalities for people in Wales and is are part of the National Health Service (NHS). Its vision is for a healthier, happier and fairer Wales, working locally, nationally and, with partners, across communities.

EuroHealthNet, in partnership with Public Health Wales, organised a two day study visit which took place on the 27-28 June 2016 in Wales. The visit took place within EuroHealthNet's contract agreement with the European Commission's Director General for Employment, Social Affairs and Inclusion under the European Union (EU) Programme for Employment and Social Innovation (EaSI).

Representatives from nine EuroHealthNet member organisations attended the visit, including:

- University of La Laguna, Spain;
- Riga City Council Department of Welfare, Latvia;
- NHS Health Scotland, United Kingdom;
- National Institute for Health Development (NEFI), Hungary;
- Institute of Preventive Medicine, Environmental and Occupational Health (PROLEPSIS), Greece;
- National Institute of Health Dr Ricardo Jorge, Portugal;
- Federal Centre for Health Education (BZgA), Germany;
- National Institute of Public Health (NIJZ), Slovenia;
- National Institute for Public Health and the Environment (RIVM), Netherlands.

In addition to the EuroHealthNet member representation, the visit included the participation of delegates from the World Health Organization (WHO) Regions for Health Network (RHN).

The purpose of the study visit was to provide an opportunity to share ideas and practical approaches to link the sustainable development agenda and population health and wellbeing across strategic and operational contexts. Through the Welsh example and specific projects, as well as experiences from other European regions, the study visit attempted to enhance understanding and suggest possible approaches, pathways and frameworks towards the translation of the 2030 Agenda and European priorities into useful and effective national/regional policies, programmes and actions.

The study visit had the following objectives:

1. To showcase Welsh policies, programmes, projects and initiatives related to sustainable development, in particular the Wellbeing of Future Generations (Wales) Act 2015;
2. To place these policies and initiatives in the wider framework of European (including EU and WHO EURO) strategic and policy developments; in particular to relate to the EaSI objectives and the Health 2020 policy framework;
3. To demonstrate policy implementation/programme in action, i.e. organise field visit(s);

4. To provide a networking and discussion forum for sharing information and experiences among participants, relevant to sustainability, equity, health, and their social, economic and environmental determinants;
5. To present other country's or region's policies and practices in the field;
6. To achieve and document learning in such a way that it is of practical use when participants return to their own country/region/organization;
7. To support EuroHealthNet and the WHO RHN to learn more about its members' policies, initiatives and programmes; to reinforce the networking, policy and advocacy programmes of work; and to better take into account members' needs and interests in its activities.

The morning of 'Day One' consisted of introductory presentations from Public Health Wales, EuroHealthNet and representatives from Welsh Local Authorities, as well as a moderated session concerning the learning objectives of the study visit.

The afternoon was then spent with site visits to the Clink Charity, and later to the site of the Action in Caerau (ACE), in the Ely area of Cardiff for presentations from SP!CE and the ACE project partnership, as well hearing presentations from the Welsh Local Government Association and national park 'early adopters' of The Well-being of Future Generations (Wales) Act 2015.

The morning of 'Day Two' included presentations from the Welsh Government and Local Government Association, plus a site visit to the Amelia Trust Farm Charity with presentations from them and the Down to Earth project. The afternoon consisted of a final discussion session in which delegates presented their country's existing examples and good of sustainable development approaches to health and equity.



Background

The Well-being of Future Generations (Wales) Act 2015 is a piece of legislation that came into force on the 1st April 2016. It seeks to improve the social, economic, environmental and cultural well-being of Wales. With The Well-being of Future Generations (Wales) Act 2015, Wales became the first country to issue legislation with a clear link to the Sustainable Development Goals (SDGs), adopted by the United Nations (UN) in September 2015.

The development of the Well-being of Future Generation (Wales) Act 2015 was preceded by a year-long conversation entitled “The Wales we want”, in which the Welsh authorities engaged with more than 7000 people across the country. This conversation helped an understanding of the issues that Welsh people were worried about the most. Included among them were; climate change, poverty, skills and education, and jobs and growth. Health inequalities were also featured among the problems raised.

“The Wales we want” helped to inform the development of the seven well-being goals that are put in place by the Well-being of Future Generations (Wales) Act 2015, setting out priorities for future policies and actions in Wales (figure 1). The goal “A Healthier Wales” closely relates to the UN Sustainable Development Goal #3 “Good Health and Well-being”.

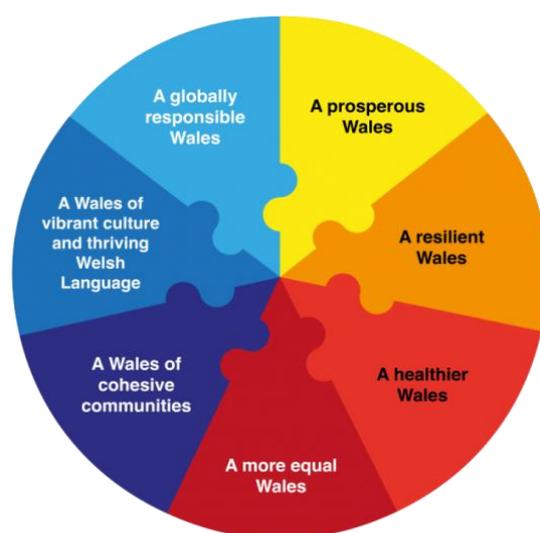


Figure 1 The seven well-being goals of the Well-being of Future Generation (Wales) Act 2015

The Well-being of Future Generations (Wales) Act 2015 encourages public bodies to apply more long-term approaches, promote stronger involvement with people and communities, as well as taking a preventive and more joined-up approach towards the issues it sets out to tackle. The 44 public bodies listed in the Well-being of Future Generations (Wales) Act 2015 include: Welsh Ministers; local authorities; local Health Boards; Public Health Wales NHS Trust; Velindre NHS Trust; National Park Authorities; Fire and Rescue Authorities; Natural Resources Wales; The Higher Education Funding Council for Wales; The Arts Council for Wales; Sports Council of Wales; National Library of Wales; and the National Museum of Wales.

Day 1 (27 June 2016)

Morning Session



The delegates were welcomed by **Professor Sir Mansel Aylward**, Chair of Public Health Wales, who in his welcome speech emphasised the importance of maintaining and strengthening collaborations and partnerships, such as the ones that Public Health Wales has with EuroHealthNet and the WHO RHN, considering the outcome of the EU referendum in the United Kingdom. He also highlighted the importance of the social gradient in achieving positive health outcomes noting that disadvantage is a cumulative process that needs cooperation in order to mitigate it.

Dr. Tracy Cooper, Chief Executive of Public Health Wales, gave a presentation on the State of the Nation (Wales) through the lens of inequalities and deprivation, identifying key challenges such as a “changing population”, for example Wales has an increasingly ageing population without a similar increase in the number of children and young people, and the socio-economic implications of such issues. Dr Cooper highlighted that the concept of prevention and its intrinsic approaches are starting to gain momentum in Wales, thus this being a critical moment to tackle inequalities and reduce the gap between the most and least deprived. To achieve this, a stronger emphasis should be put on partnerships. Dr. Cooper highlighted examples from Public Health Wales, such as the “United in Improving Health in Wales” partnership and the Memorandum of Understanding (MoU) with Community Housing Cymru, which makes the link between health and housing.



Irfon Rees, Deputy Director, Public Health Division, Welsh Government, gave an overview of the health and social care system in Wales and how people use health services. He highlighted the focus currently given in Wales to primary and community care, and how the priority is to turn healthcare from an illness service to a health service through greater equality (of outcome as well as opportunity), investing today to safeguard tomorrow, making it local, promoting cooperation rather than competition and ensuring public participation in the design of services.

Caroline Costongs, Managing Director of EuroHealthNet, then acknowledged the need to find ways to continue collaboration and learning from each other in the light of the current UK and EU situation. She acknowledged the EaSI programme and grant which enables EuroHealthNet to work across policy sectors and facilitate study visits between member organisations. Subsequently, she gave a brief overview of EuroHealthNet, its structure and current areas of work, including the European Semester and the INHERIT project, which focuses on the link between sustainable development and health.





Dr Christoph Hamelmann, from the World Health Organization (WHO), emphasised the connection between the WHO's Health 2020 policy framework and the SDGs as an example of collaboration across sectors. He then acknowledged The Well-being of Future Generations (Wales) Act 2015 as a legally

binding instrument to move the process of sustainable development forward and secure the well-being of future generations.

The delegates had a session on the Learning Objectives of the study visit moderated by Caroline Costongs, who started by underlining the importance of the both Sustainable Development Goals and National Reform Programmes of EU member states to tackle health inequalities. Likewise, the upcoming Pillar of Social Rights was highlighted given the inclusion of health in its preliminary outline. Caroline Costongs directed the delegates' attention towards the upcoming EC Communication in October regarding the SDGs and its implementation in the EU. The floor was then given to the delegates to express their objectives and expectations regarding the study visit.



Learning Objectives - Questions

What are your objectives and expectations?

How do you aim to take the learning forward in your own work/region/organisation/country?

Answers given by the delegates:

- To get a sense of the policy context in Europe is, and what can be done in different countries;
- To grasp what Wales is doing in terms of collaboration in other projects;
- Learn about practical solutions on the ground for health inequalities and based on social determinants of health;
- Learn how to apply the Sustainable Development Goals framework at national level and the challenges encountered, which will be useful for future foresight studies;
- To improve and articulate the gathering of scientific evidence;
- To get an overview of the policies in specific countries with practical examples;
- Learn about sustainable development approaches to health issues and community projects.

The moderated session was followed by a presentation by **Sophie Howe**, Wales' Future Generations Commissioner, on the creation of The Well-being of Future Generations (Wales) Act 2015 as well as the role she holds. She noted that the Act underlines the need to link planetary health with public health and the health of the Welsh economy. She emphasised the five principles that are intrinsic to The Well-being of Future Generations (Wales) Act 2015:



- Planning for the **long-term**
- **Prevention** by tackling the root causes of issues
- **Collaboration** with other public bodies through public services boards, as well as by sharing data to identify problems and implement solutions
- **Integration** approach by abandoning silo policies and finding ways to maximise contributions to the well-being goals
- **Involvement** through the creation of opportunities for (vulnerable) people to be heard on the issues that affect their lives.

Sophie Howe underlined the importance given to tackling [adverse childhood experiences](#) as a way to improve the well-being of the population; using strategies such as awareness-raising and a transformation of services that support victims to be considered; fully developed/primary services and not just projects or programmes, which ultimately seek to build resilience for the people. Likewise, she stressed the need to make early interventions the core business of health services in order to successfully break the cycle of disadvantage.

Acting Chief Medical Officer for Wales, **Dr. Chris Jones**, acknowledged the need of health services to respond to the challenges presented by the social gradient in Wales. He noted that the NHS needs a different relation with people, for as it stands now it tends to increase inequalities rather than decreasing them, thus working with and for communities being a paramount point of action.

Afternoon session

The afternoon session started with a site visit to [The Clink Charity](#), Cardiff prison. Formed in 2010, The Clink Charity works in partnership with Her Majesty's Prison Service to help breaking the cycle of crime by nurturing self-belief, developing work place skills and offering nationally recognised qualifications in hospitality to prisoners with 6 to 18 months of their sentence left to serve. They are recruited to a Five Step Programme: Recruit, Train, Support, Employ and Mentor, and receive full-time training in order to reach the required level to succeed in the hospitality industry upon their release, both as kitchen and waiting staff.

Prisoners on the programme work 40 hours a week and are mentored on aspects of job searching such as CV writing and interview techniques. Upon release, the mentors help graduates of the programme find employment and coach them from a period from 6 to 12 months to reintegrate back into society and reduce the likelihood of reoffending.

The Clink Charity has restaurants in four UK locations with menus created with locally sourced ingredients; the overall experience seeks to help change public perceptions of prisoners. The Clink Charity trains 160 male and female prisoners every day, with an average of 50 prisoners each year finding employment as a result of the experience.

The delegates were then taken to the Community Hub in Ely, Cardiff for presentations by SP!CE, the ACE project, Brecon Beacons National Park Authority and Blaenau Gwent County Borough Council. Brecon Beacons National Park Authority and Blaenau Gwent County Borough Council are part of the 'Early Adopters Scheme' of The Well-being of Future Generations (Wales) Act 2015.



SP!CE Time Credits bases its action on the idea that each person in a community is a potential asset, with the theory based on the concept of co-production, an approach to service delivery within where professionals and citizens work together in equal and reciprocal relationships. Their vision for Wales is one of a nation of connected and resilient communities, and one in which people use Time Credits to support healthy lifestyles. SP!CE Time Credits bases its approach on the so-called “core economy”, in which time is used as currency and the goods exchanged are based on reciprocation and negotiation. The core economy’s resources are human assets, with the value of goods varying.

Time Credits work on an ‘hour-for-hour’ basis, in other words, for every hour that a person gives to the community, they earn one Time Credit. The credits can be spent on an activity chosen from those available from the partnerships that SP!ICE Time Credits develops with local services. Activities done on behalf of the community include a wide range of things, from litter picking in the park to attending or setting a peer support group. Through the use of Time Credits, individuals and (vulnerable) groups can use their skills and knowledge to benefit their own well-being and the well-being of others, as well as promoting their own inclusion in society.

The use of Time Credits has a documented positive impact at various levels. According to the numbers provided by SP!CE:

- 62% of the people participating are giving their time at least once a week;
- 62% of the organisations involved report that they are able to make better use of skills and resources in communities;



- 35% of the people have gained work experience while 46% have learned new skills and 6% have found a job as a result of Time Credits.

- Its effect on health and well-being is also significant, as 58% reported feeling healthier after starting earning and spending Time Credits; meanwhile, 23% reported a reduced need to go to the doctor and 81% said time credits have a positive impact on their quality of life.

Currently, SP!CE Time Credits employ 33 people but reaches around 4250 individuals, 230 community groups and 69,000 hours given in the period of a year in South-East Wales alone.

With similar strategic aims and a partner of SP!CE Time Credits, **ACE** is a charity located in Ely and Caerau, Cardiff which seeks to bring the community together through supporting community groups, managing and developing local projects, and finding ways of regenerating the local community. ACE is determined to improve health through making use of co-production methods, and currently takes part on the Welsh Government-funded “Communities First” programme, as part of the Government’s Tackling Poverty agenda. ACE’s “Communities First” team works with residents, community organisations, business and other key agencies across the Cardiff West Cluster (Ely, Caerau, Fairwater and Pentreban), with actions leading to the long term sustainability and wellbeing of communities, while involving local people in all aspects of the work.

“Communities First” focuses on prevention and healthy behaviours and deals with a wide range of topics such as healthy eating, physical activity, food poverty and mental health and well-being. The outcomes of the programme reveal a positive impact on people’s lives: 88% have started to have healthier dietary habits and 77% manage their mental health and well-being in a better way. Other results included improved mobility, weight loss and a reducing use of medication or cessation altogether.

Brecon Beacons National Park Authority (BBNPA) is an Early Adopter of the of Well-being of Future Generations (Wales) Act 2015. Its objectives and priorities regarding the early adoption scheme focus on the conservation and enhancement of the natural beauty, wildlife and cultural heritage of the Brecon Beacons National Park, as well as fostering the economic and social wellbeing of the communities who live there.



The benefits in terms of public health for future generations of the BBNPA are simultaneously active, e.g. walking and more passive ones inputs such as the tranquillity and inspirational scenery provided by the parks. At the same time, BBNPA support good quality environments which are essential to maintaining clean air and drinking water, which amounts to 90% of Cardiff’s and 78% of Swansea’s water supply. Last but not the least, BBNPA seeks to bring the National

Parks’ health and well-being benefits to disadvantaged groups, ranging from socio-economic disadvantages to physical and psychological needs through several programmes that encourage outdoor activities within the park area. An example of this is the ‘Inspironment Programme’, which has shown positive results with 67% of the participants trying outdoor activities again after their initial visit.

Blaenau Gwent County Borough Council is a Local Authority Early Adopter of The Well-being of Future Generations (Wales) Act 2015, seeking to improve the living conditions of the circa 70,000 inhabitants of Blaenau Gwent county, which faces challenges around

deprivation and income levels as well as healthy living, while at the same time being characterized by a deep sense of belonging by its population. The Well-being of Future Generations (Wales) Act 2015 is, seen as vital and welcome, with relevant goals for Blaenau Gwent in terms of improving the quality of life of its people. Currently in a process of transition resulting from implementation the Act, Blaenau Gwent is engaging in the preparation of Terms of Reference together with its Public Service Boards, as well as evaluating current partnership arrangements and carrying out organisational ‘health checks’ to understand the development of the situation. At the same time, they ensure that people are involved in this process of change, maximising community engagement. Blaenau Gwent seeks to take a wider approach to this process, by aiming to use innovative engagement to capture community strengths and embed these into plan development and implementation of the Act.

Day 2 (28 June 2016)

Morning session



The activities of the second day of the study visit started with a presentation on Health Inequalities and International Health by **Cathy Weatherup**, Welsh Government. Ms. Weatherup highlighted Wales’ long history with Sustainable Development, which goes back to 1998 when Wales was one of the first nations to have a

constitutional duty on this concept. She gave an overview of the process of creation of the Well-being Goals through the “The Wales We Want” yearlong conversation, and emphasized their intrinsic shift to long-term horizons and planning, as well as setting the scene for preventive action. Likewise, Ms. Weatherup pinpointed some of the Indicators and Milestones foreseen by The Well-being of Future Generations (Wales) Act 2015 pertaining to areas such as living conditions, ways of living, and the life-course.

Neville Rookes, from the Welsh Local Government Association, gave a presentation focussing on the role of local authorities as Early Adopters of the Act. He emphasised the need for involvement of local authorities with the public through all phases of creation and implementation of the Act, stressing that local authorities asked to adopt the principles listed on the Act during the interim period between publication and adoption. He highlighted the changing process since the creation until the adoption of the Act, which encompasses concepts such as awareness, understanding, description of the Act in decision-making, and using it as the norm by senior public officers and politicians. Likewise, he showed a group of challenges and points for future action resulting from the implementation of the Act, such as:

When asked about the possibility of



engagement with the private sector, Mr. Rookes stated that activities in the field of procurement are already undergoing and always abiding by Sustainable Development principles.

The delegates were then taken to the Amelia Trust Farm, in Barry where there were presentations by the Amelia Trust Farm Charity and the Down to Earth project.

The **Amelia Trust Farm** has been a registered Charity for 25 years, seeking to provide the best possible care and support for disadvantaged and vulnerable people through alternative education and community engagement. A 160 acre farm, it is aimed at disadvantaged and vulnerable young people aged 11-16. The young people who are divided into working groups throughout the week (Monday-Tuesday for children aged 11-13, and Wednesday-Thursday-Friday for teenagers aged 14-16).

Candidates for the Amelia Trust Farm go through a mentoring programme, which seeks to assess whether the farm is the best available option for their particular case. Through the therapeutic use of the farming experience – with activities such as gardening, woodworking, helping with animals, sports hall, music studio, cooking and washing lessons – children can grow and develop their skills and interests, as well as improve their relationship with formal education. With circa 80 placements per week (with most children coming from the Southern region of Wales), the Amelia Trust Farm has had a significant success rate with 84% of young people in 2014/2015 returning to school, further education, employment or training. The Amelia Trust Farm staff is trained to respond to all levels of intervention, and the involvement of parents is also sought to ensure maximum engagement and the best outcomes possible for the children.



The Down to Earth Project was established in 2006 and seeks to offer an inclusive approach to sustainability that engages the most disadvantaged people in society. Initially aimed at disadvantaged young people aged 14-18, it now includes adult groups too. Reaching 800-1000 people a year, it offers activities such as building, outdoor adventure experiences, growing food, animal husbandry, and technology development. All these activities are intended to improve quality of life and tackle poverty, improve community infrastructure through inspire, sustainable infrastructure, and increase community cohesion and social inclusion.

A successful example of Down to Earth's activities was "Building Communities", a 3-year project which enabled vulnerable and 'hard to reach' groups to build their own sustainable training facilities. The project included refugees and asylum seekers, offenders and people suffering from brain injury; and it sought to improve people's well-being not only through the materials used in the construction (locally sourced, non-toxic and biodegradable), but also through the methods of construction – which fostered community engagement – and through the use of building afterwards (as a community centre). People involved in the project saw a significant reduction in depression, an increase in their quality of life, and more progression in terms of neurorehabilitation goals – with 70% of the participants being able to return to work and/or community integration afterwards.

Currently, Down to Earth is foreseeing projects with links to clinical research, affordable social housing and funding from a private healthcare company for sustainable construction

mental health programmes. They are also working towards new funding for enabling young people to create their new social enterprises.

Afternoon session

During the afternoon, EuroHealthNet delegates had a session where they could present national approaches to Sustainable Development. The session was moderated by Caroline Costongs from EuroHealthNet.



RIVM highlighted that the Netherlands has picked up the concept of Sustainable Development from early on, with environmental-related goals being already mostly addressed in policy goals. It is not always simple, however, to make the link between health and environment, but new foresight studies done focus on the social determinants of health. They stressed the need to look at health inequalities from a broader perspective not a reductionist one often related to health expenditure cuts. Finally, they have noted that the Ministry of Health is not yet interested in developing approaches related to the Sustainable Development Goals, thus this being an opportunity for RIVM to take them forward on the health agenda.

NHS Health Scotland noted that, similarly to Wales, Scotland was one of the first countries to sign up to supporting the SDGs. There is a National Performance Framework in place with high level targets, measures and indicators, with which the SDGs are being linked to due to similarities between the two concepts. The National Performance Framework includes a great deal of policy evaluation and assessments of placement. NHS Scotland is currently aiming to reduce health inequalities by focussing on wider determinants of health, and through the link between climate, sustainable development and health inequalities.

BZgA presented the case of the Prevention Act in Germany, which foresees the placement of 2,5 euros per person on health by health insurances. BZgA provides consultation to health insurances on the quality of their health services in relation to the Prevention Act, but it remains to be seen whether the new German Government will keep this legislation in place. Germany is currently addressing a lot of lifestyle factors that are linked with Sustainable

Development, such as moving and housing (e.g. energy saving practices). The Sustainable Development Goals are being addressed, but so far only through a national approach. BZgA is currently engaged in several initiatives to reduce health inequalities pertaining to access to health and services for migrants.

Prolepsis highlighted Greece's National Strategy Reference Framework and the use of European Structural and Investment Funds (ESIF) for the health sector – comprising areas such as eHealth, health promotion and disease prevention, and health infrastructure. They have also mentioned a new action plan to fight poverty and promote social integration which counts with objectives for the 13 regions of Greece. This action plan will seek to promote access to quality health and services, as well as access to work from disadvantaged groups. Finally, they briefly presented Prolepsis' DIATROFI programme, which has started in 2012 with the intent of providing food in schools participating in the programme and promoting healthy food and nutrition to students from disadvantaged backgrounds. In 2015, the DIATROFI programme offered more than 12.000.000 meals to circa 20.000 students all over Greece.

University of La Laguna outlined that the Canary Islands are a Spanish region with issues such as high unemployment, with figures standing at around 63% and a loss of young people in the workforce as graduates tend to leave the islands, as well as a heavy flow of undocumented migrants. So far, nothing has been done in relation to the SDGs, although the island of El Hierro has been considered the first sustainable island in the world. A new action plan in the Canary Islands will focus on health inequalities. A good outcome is the creation of the Centre on Inequalities, which focus on health, economics and education.

Riga city Council Department of Welfare

highlighted that they are currently in the process for the preparation of projects in order to acquire the largest amount of European Structure funds for health promotion and disease prevention in the city's history and the largest amount for the whole country, for the time period 2017-2019, which abides by the principles of Sustainable Development through its main target of social inclusion.



Riga city council also works hard to implement the Health in all policies principle in all their activities and programs, which is supported by the Health board, which integrates all sectors of the Riga city council.

NEFI presented their current partnerships with social and non-governmental organisations with the objective of investing more money and strengthening health policies and initiatives both at regional and national level. They also showed the example of the creation of 62 Health Promotion Offices, most of which are located in disadvantaged and deprived areas of Hungary. Regarding the Sustainable Development Goals, Hungary does not have yet a common framework legislation or workplan to that effect.

NIJZ outlined the overarching Mental Health Strategy for Slovenia, which abides by Sustainable Development principles such as social inclusion and community engagement. They have noted that the new Slovenian Strategy for Health is the first one ever in the country to include health inequalities. Likewise, they have just adopted a Strategy for health and physical activity and are in the process of obtaining funds to work with isolated areas of

Slovenia, as well as preparing a proposal to move to a work model that targets vulnerable groups, thus making the link between health and social inclusion. Finally, NIJZ is in the process of preparing a Primary Health Strategy.

The study visit ended with both EuroHealthNet and Public Health Wales thanking the delegates for their presence and their sharing of national experiences making the link between health and Sustainable Development, thus contributing to the process of mutual learning foreseen in the study visit objectives.

Conclusions

Throughout the two-day study visit in Wales, participants were able to get familiar with The Well-being of Future Generations (Wales) Act 2015 and practical applications of the concept of Sustainable Development in its three dimensions: environmental, social and economic. Delegates could see first-hand how The Well-being of Future Generations (Wales) Act 2015 and its inherent policies and legislation translates into concrete practices that promote and validate individuals as assets and, where necessary, supports their rehabilitation and re-integration into their local communities and society in general, through a return to education or the labour market. Likewise, the activities observed contribute to the improvement of people's well-being and to the reduction of health inequalities, working directly with disadvantaged and/or vulnerable groups.

The Well-being of Future Generations (Wales) Act brings, thus, a new way of working, *with* people rather than just *for* people, which promotes social inclusion and community engagement in an active way. With the implementation of The Well-being of Future Generations (Wales) Act 2015, public services are challenged to think more broadly and come up with innovative ways to integrate aspects of sustainability in their core work; the examples observed in the on-site study visits, dealing with social services, environment and education, show that such is possible and transferrable to virtually all sectors in society.

The focus on citizens is a welcoming feature of both The Well-being of Future Generations (Wales) Act 2015 and the activities observed, with a particular mention to the concept of "co-production", which allows authorities to work with citizens as equal partners and, thus, promoting inclusion and raising greater awareness in an active way. Likewise, a greater focus on needs and well-being assessments was observed, which represents the better management of assets and greater importance given to the concept of resilience of both people and services.

The impact of The Well-being of Future Generations (Wales) Act 2015 and the progress made to date has been positive, nonetheless great challenges remain in order to achieve a real transformation change into a truly sustainable society. There is the need for services to break beyond silos and work in partnership and collaboration with each other, complementing each other's assets and providing a more effective response to the issues with which they deal.

Learning Logs

The learning logs were the opportunity for the delegates to reflect on the learning from the visit and to consider future actions.

Overall, the delegates were impressed by how the issues of sustainability in all its dimensions are being addressed - both in Wales, as seen by the presentations and on-site study visits; and in other European countries, as discussed during the final session on Day 2. They have highlighted the impact of small initiatives on local communities, personal and professional development of the individuals involved, and on the planning of future policies alike. Similarly, they have been impressed by the approach used in Wales to implement the concept of Sustainability and connect all sectors in a collaborative effort in the pursuit of that same goal.

When asked about recommendations for their own organisations and its future development, they mentioned:

- The monitoring of different initiatives as being essential for long-term implementation;
- Connecting with different sectors as a crucial component for actions that involve contributions to the public;
- The use of Sustainable Development (e.g. the SDGs) as an overarching framework to position and link different aspects such as health, health inequalities and the environment;
- The use of the Well-being of Future Generations act as a good example of how to translate Sustainable Development to a country's perspective;
- The need to collaborate with different authorities at local and regional level in different countries.

When offering suggestions of actions that EuroHealthNet could undertake to support their organisation in areas of work related to sustainability and the study visit, delegates mentioned:

- Webinars/online discussions to share ongoing work on this area;
- Share findings from ongoing projects and initiatives across the region such as EuroHealthNet's INHERIT project;
- Facilitate further exchange, co-production and collaboration between EuroHealthNet members and partners;
- Disseminating relevant research outcomes and best practices on tackling health inequalities;
- More knowledge and communication with other sectors;
- Presenting good practices on how to implement Country-Specific Recommendations.

Annexes

List of Participants

Prefix	Name	Surname	Organisation	Job Title	Country	Email Address
Dr.	José Maria	Albuquerque	Instituto Nacional de Saúde Doutor Ricardo Jorge	Member of the Executive Board (VP)	Portugal	presidente@insa.min-saude.pt
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Mrs	Caroline	Costongs	EuroHealthNet	Managing Director	Belgium	c.costongs@eurohealthnet.eu
Prof.	Sara	Darias Curvo	University of La Laguna	Academic	Spain	sadacur@ull.edu.es
Dr.	Asta	Garmiene	Kaunas Development Agency	Kaunas City Municipality Administration	Lithuania	asta.garmiene@kaunas.lt
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