# WRITTEN STATEMENT

# BY

# THE WELSH GOVERNMENT

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| **TITLE**  | **Launch of Healthy & Active Fund** |
| **DATE**  | **19 July 2018** |
| **BY** | **Vaughan Gething, Cabinet Secretary for Health and Social Services****Ken Skates, Cabinet Secretary for Economy and Transport****Mark Drakeford, Cabinet Secretary for Finance** **Dafydd Elis-Thomas, Minister for Culture, Tourism and Sport** |

We are launching today, in partnership with Sport Wales and Public Health Wales, a new £5m Healthy and Active Fund which will strengthen community assets and enable people to adopt healthier lifestyles.

The benefits to our mental and physical health of healthy and active lifestyles are clear. By increasing our levels of activity, eating a balanced diet, drinking within recommended levels and stopping smoking we can all not only reduce our risk of cancer and cardiovascular disease but also improve our mental well-being and reduce the risk of developing dementia. The first phase of the fund will therefore focus on enabling active lifestyles.

Delivering a ‘Healthier Wales’ requires a new approach where we look beyond traditional support services and find new ways to work with each other. This collaboration is an example of how we expect the public sector to embed the sustainable development principles of the Well-being of Future Generations Act (Wales) 2015. It will also deliver the ‘Prosperity for All: the National Strategy’ commitments for a Well-being Bond and Challenge Fund.

Organisations can register their interest and find out further information by emailing HealthyandActiveFund@gov.wales.