

Teithio byw ac iechyd menywod

Active travel and women's health

Manteision gweithgareddau corfforol i ferched drwy gydol eu bywyd
The benefits of physical activity for women throughout the life course

DALEN WYBODAETH
INFORMATION SHEET FH11C

Rhagair / Foreword

“Gall gweithgaredd corfforol cyson, yn cynnwys cerdded a beicio, ddod â manteision iechyd gwirioneddol. Yn ogystal â lleihau risg afiechyd difrifol megis clefydau'r galon a chanser y fron, mae hefyd yn cynorthwyo i gynnal pwysau iach, aros yn ffit a chael y mwyaf allan o fywyd.

Mae Llywodraeth Cynulliad Cymru yn croesawu mentrau i annog merched a menywod i fod yn fwy corfforol egnïol, gan fod tystiolaeth yn dangos eu bod o'u blynyddoedd ardegau ymlaen yn dod yn llai a llai corfforol egnïol yn eu bywydau bob dydd. Gall cerdded a beicio gael eu hymgorffori yn hawdd i'w trefn ddyddiol megis y siwrnai i'r gwaith, i'r siopau, i weld ffrindiau neu'r daith i'r ysgol a'n galluogi ni i gyd i gael ffordd o fyw iach.”

Dr Tony Jewell, Prif Swyddog Iechyd, Llywodraeth Cynulliad Cymru

“Regular physical activity, including walking and cycling, can bring real health benefits. As well as reducing the risk of serious illnesses such as heart disease and breast cancer, it also helps maintain a healthy weight, stay fit and get the most out of life.

The Welsh Assembly Government welcomes initiatives to encourage girls and women to be more physically active, as evidence shows that from their teenage years onwards, many females become less and less active in their everyday lives. Walking and cycling can easily be incorporated into our daily routine, such as the journey to work, to the shops, to see friends or the school run and enable us all to live a healthy lifestyle.”

Dr Tony Jewell, Chief Medical Officer, Welsh Assembly Government

Cyflwyniad

Mae iechyd corfforol a meddyliol yn hollbwysig i les menyw drwy gydol ei bywyd. Agwedd bwysig ar hyn yw ymgorffori gweithgaredd corfforol i'r drefn ddyddiol arferol. Yr argymhelliad presennol ar gyfer menywod yw 30 munud o weithgaredd corfforol ar bump neu fwy o ddyddiau'r wythnos ac i ferched awr y dydd⁽¹⁾. Fodd bynnag, mae lefelau gweithgaredd corfforol ymhlith menywod yng Nghymru yn isel; dim ond 23% sy'n

Introduction

Physical and mental health is vital for a woman's well-being throughout life. An important aspect of this is incorporating physical activity into the daily routine. The current recommendation for women is 30 minutes of physical activity on five or more days of the week and for girls, an hour per day⁽¹⁾. However, physical activity levels amongst women in Wales are low; only 23% meet these guidelines⁽¹⁾. This trend is further exacerbated in some ethnic minority groups



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bodloni'r canllawiau hyn⁽¹⁾. Gwaethygir y duedd hon ymhellach mewn rhai grwpiau lleiafrifoedd ethnig fel ag a ddangosir gan ddata yn Lloegr; er enghraifft dim ond 11% o fenywod Bangladeshi, a 14% o fenywod Pacistani, sy'n bodloni'r lefelau gweithgaredd corfforol a argymhellir⁽²⁾, o gymharu â 28% o fenywod yn y boblogaeth yn gyffredinol⁽³⁾.

Cysylltir anweithgarwch corfforol gyda lluo o gymhlethdodau iechyd, yn cynnwys clefydau coronaidd y galon, strôc, gordewdra, diabetes, osteoporosis, rhai canserau a phroblemau iechyd meddwl. Nod Cynllun Gweithredu Cymru ar Gerdded a Beicio yw "gwella iechyd a lles y boblogaeth drwy gynyddu gweithgarwch corfforol" drwy annog rhagor o gerdded a beicio⁽⁴⁾.

Gweithgaredd corfforol drwy gydol bywyd

Llencyndod a glaslencyndod

Er gwaethaf pwysigrwydd gweithgaredd corfforol bydd llawer o ferched yn dod yn llai corfforol egniol yn ystod blynyddoedd eu harddegau; yn 2005/6 yng Nghymru, bodlonodd 21% o ferched 11 mlwydd oed y canllawiau o gymharu â dim ond 9% o ferched pymtheg oed⁽⁵⁾.

Mae'r oedran dechrau gweithgaredd yn bwysig: dyblir manteision ymarfer corff ar gyfer meinwe esgyrn os caiff y gweithgaredd ei ddechrau cyn neu pan ddigwydd glaslencyndod yn hytrach nag ar ei ôl⁽⁶⁾. Hefyd gall gweithgaredd corfforol cyson fod yn fuddiol i ferched sy'n ymdopi â'r newidiadau corfforol a meddyliol yn ystod llencyndod a glaslencyndod⁽⁷⁾.

Beichiogrwydd

Gall gweithgaredd corfforol yn ystod beichiogrwydd, yn enwedig cerdded, helpu i wella hwyl a hunan ddelwedd, sicrhau cynnydd pwysau priodol, lleihau straen, hybu gwell cwsg, cynyddu tôn cyhyrau, cryfder a dygnwch, cynorthwyo i ddatblygu stamina ar gyfer esgor a geni, cyflymu adferiad ar ôl geni a helpu i gynyddu lefelau egniol⁽⁸⁾.

Menopos

Ymddengys bod cerdded yn cael effaith gadarnhaol ar ansawdd bywyd cysylltiedig â'r menopos. Mae'n ymddangos bod a yw

as evidenced by data in England; for example only 11% of Bangladeshi and 14% of Pakistani women meet the recommended physical activity levels⁽²⁾, compared to 28% of women in the general population⁽³⁾.

Physical inactivity is associated with numerous health complications, including coronary heart disease, stroke, obesity, diabetes, osteoporosis, some cancers and mental health problems. The Walking and Cycling Action Plan for Wales aims to "improve the health and well-being of the population through increased physical activity" by encouraging more walking and cycling⁽⁴⁾.

Physical activity through the life course

Adolescence and puberty

Despite the importance of physical activity, many girls become less active during their teenage years; in 2005/6 in Wales, 21% of 11-year-old girls met the guidelines compared to just 9% of 15 year-old-girls⁽⁵⁾.

The starting age of activity is important: the benefits of exercise for bone tissue is doubled if the activity is started before or at puberty rather than after it⁽⁶⁾. Regular physical activity can also be beneficial for girls managing the physical and mental changes during adolescence and puberty⁽⁷⁾.

Pregnancy

Physical activity during pregnancy, especially walking, can help towards improving mood and self image, ensure appropriate weight gain, reduce stress, promote better sleep, increase muscle tone, strength and endurance, help build stamina for labour and delivery, speed up recovery after delivery, and help increase energy levels⁽⁸⁾.

Menopause

Walking appears to have a positive effect on menopause-related quality of life. Whether menopausal symptoms increase or decrease appears to be inversely related to cardio-respiratory fitness⁽⁹⁾.



symptomau'r menopos yn cynyddu neu'n lleihau yn gysylltiedig â ffitrwydd cardio-anadlol⁽⁹⁾.

Heneiddio'n Egniol

Cysylltir gweithgaredd corfforol cyson hirdymor â swyddogaethau gwybyddol sylweddol well a dirywiad gwybyddol is mewn menywod hŷn⁽¹⁰⁾. Ar ôl y menopos mae gan fenywod angen penodol i barhau gweithgaredd cyson, rhytmig, cynnal pwysau er mwyn cadw dwysedd mwynol esgyrn ac integreidd swyddogaeth cyhyrau a chynnal yr hyder corfforol, sy'n hanfodol er mwyn osgoi cwmpiaidau a thorri esgyrn⁽¹¹⁾.

Amddiffyniad yn erbyn afiechyd a haint

Iechyd Meddwl

Mae tystiolaeth gref bod gweithgaredd corfforol yn gwneud i bobl deimlo'n well amdanynt eu hunain. Gallai hyn fod yn arbennig o bwysig i fenywod oherwydd o gymharu â dynion, tuedda menywod i fod yn llai cadarnhaol am eu delwedd gorfforol⁽¹²⁾.

Ym mlynnyddoedd canol oed mae perthynas wrthdro rhwng gweithgaredd corfforol a symptomau iselder mewn menywod, ar wahân i iechyd corfforol a seicolegol oedd yn bodoli cyn hynny⁽¹³⁾. Mae'r manteision hefyd yn cynnwys lleihad mewn pryder, straen, cwsg gwael, dementia a chlefyd Alzheimer⁽¹⁴⁾.

Dros Bwysau a gordewdra

Yn 2007 roedd 51% o'r menywod a 37% o'r merched 2 - 15 oed yng Nghymru dros bwysau neu yn ordew⁽¹⁾.

Gall lefelau cynyddol gweithgaredd corfforol gynorthwyo i wrthsefyll mynd dros bwysau a gordewdra, ac fe geir tystiolaeth gynyddol y gall leihau rhai o'r risgiau iechyd cysylltiedig. Gwelir y lefelau uchaf o afiechyd a marwolaethau mewn pobl sy'n ordew a'r rhai sydd ddim yn gwneud gweithgareddau corfforol neu ddim yn ffit⁽¹⁵⁾. Er enghraifft, mae gan fenywod gordew risg uwch o ddatblygu diabetes Math 2⁽¹⁶⁾ ac mae 5% o achosion canserau mewn menywod yn deillio o fod dros bwysau neu yn ordew⁽¹⁷⁾.

Canser

Dengys astudiaethau eang y gall gweithgaredd corfforol leihau'r risg o ddatblygu canser y coluddyn gan 30-40%, ac mae gan fenywod sy'n gorfforol egniol risg 20-40% yn llai o ddatblygu canser endometriaid⁽¹⁸⁾.

Active ageing

Long-term regular physical activity is associated with significantly better cognitive function and lower cognitive decline in older women⁽¹⁰⁾. Postmenopausal women have a specific need to continue regular, rhythmic, weight-bearing activity to preserve bone mineral density and the integrity of muscle function, and maintain the physical confidence that is essential for avoiding falls and fractures⁽¹¹⁾.

Protection against ill health and disease

Mental health

There is strong evidence that physical activity makes people feel better about themselves. This may be particularly important for women, as compared to men, women tend to be less positive about their body image⁽¹²⁾.

In middle-age, there is an inverse relationship between physical activity and depressive symptoms in women, independent of pre-existing physical and psychological health⁽¹³⁾. Benefits also include a reduction in anxiety, stress, poor sleep, dementia and Alzheimer's disease⁽¹⁴⁾.

Overweight and obesity

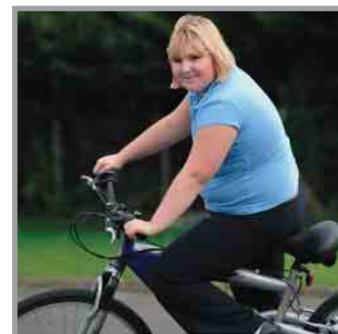
In 2007, 51% of women and 37% of girls aged 2-15 in Wales were overweight or obese⁽¹⁾.

Increasing levels of physical activity can help combat overweight and obesity, and there is growing evidence that it can also reduce some of the associated health risks. The highest levels of ill health and premature death are observed in people who are both obese and inactive or unfit⁽¹⁵⁾. For example, obese women have a higher risk of developing Type 2 diabetes⁽¹⁶⁾ and 5% of cancers in women result from being overweight or obese⁽¹⁷⁾.

Cancer

Extensive studies suggest that physical activity can reduce the risk of developing colon cancer by 30-40%, and women who are physically active have a 20-40% reduced risk of developing endometrial cancer⁽¹⁸⁾.

Studies have also estimated that inadequate levels of physical activity are strongly associated with the incidence of 13-14% of all bowel cancer cases⁽¹⁹⁾⁽²⁰⁾, and about a third of breast cancer cases⁽²¹⁾.



Hefyd mae astudiaethau wedi amcangyfrif bod cysylltiad cryf iawn rhwng lefelau annigonol o weithgaredd corfforol a 13-14% o achosion o bob achos canser y coluddyn⁽¹⁹⁾⁽²⁰⁾, a tua thraean o achosion canser y fron⁽²¹⁾.

Clefydau Cardiofasgwlaidd (CVD) a Chlefydau Coronaidd y Galon (CHD)

Cysylltir gweithgaredd corfforol gyda risg is o CVD mewn dull ymateb i ddos fel mai'r mwyaf o weithgaredd corfforol a wneir lleiaf y risg⁽²²⁾.

Mae gan bobl sy'n gorfforol egniol risg is o ddiodesdef CHD. Amcangyfrifodd Adroddiad Iechyd y Byd 2002 bod dros 20% o'r CHD mewn gwledydd datblygedig yn ganlyniad anweithgarwch corfforol. Yng Nghymru yn 2006, bu farw 2,491 o fenywod o ganlyniad i CHD⁽²³⁾.

Strôc a Phwysedd Gwaed Uchel

Mae strôc yn ffactor risg mawr i fenywod ac mae'r ffactor risg yn cynyddu gydag oedran. Mae dros 74,000 o fenywod yn y DU yn cael strôc bob blwyddyn⁽²⁴⁾. Adroddwyd bod gweithgaredd corfforol yn wrthdro gysylltiedig ag achosion strôc⁽²⁵⁾.

Mae pwysedd gwaed uchel yn ffactor rhagdueddol fawr ar gyfer strôc⁽²⁴⁾ ac adroddodd 20% o fenywod yng Nghymru yn 2007 eu bod yn cael eu trin am bwysedd gwaed uchel⁽¹⁾. Mae gweithgaredd corfforol cyson yn atal pwysedd gwaed uchel ac yn gostwng pwysedd gwaed mewn pobl sydd â phwysedd gwaed uchel⁽²⁵⁾.

Osteoporosis

Mae osteoporosis yn gyflwr o ddwysedd mwynol esgryn isel gan amlaf yn gysylltiedig â menywod hŷn. Gall gweithgaredd corfforol gynyddu dwysedd mwynol esgryn mewn llycnyndod, ei gynnal mewn oedolion ifanc ac arafu ei ddirywiad ymhlith yr henoed⁽²⁷⁾.

Diabetes

Mae gweithgaredd corfforol yn lleihau yn sylweddol risg datblygu diabetes Math 2 drwy gydol bywyd⁽²⁸⁾ a gall leihau lefelau glwcos gwaed i gynorthwyo i reoli diabetes. Gall hyn helpu i leihau risg datblygu cymhlethdodau difrifol megis clefyd y galon, cyflyrau cyhyrsgerbydol, problemau cylchrediad, difrod i nerfau a niwed i'r arennau a'r llygaid⁽²⁹⁾.

Yng Nghymru caiff 6% o fenywod (16 oed a throsodd) eu trin ar gyfer ddiabetes⁽¹⁾, ond gyda lefelau gordewdra cynyddol bydd hyn yn codi.

Cardiovascular Disease (CVD) and Coronary Heart Disease (CHD)

Physical activity is associated with reduced risk of CVD in a dose response fashion so that the more physical activity is undertaken the lower the risk⁽²²⁾.

People who are physically active have a lower risk of CHD. The 2002 World Health Report estimated that over 20% of CHD in developed countries were due to physical inactivity. In Wales in 2006, 2,491 women died of CHD⁽²³⁾.

Stroke and High Blood Pressure/Hypertension

Stroke is a major risk factor for women and the risk factor increases with age. Over 74,000 women in the UK have a stroke each year⁽²⁴⁾. Physical activity has been reported to be inversely related to the incidence of stroke⁽²⁵⁾.

Hypertension is a major predisposing factor for stroke⁽²⁴⁾ and 20% of women in Wales in 2007 reported being treated for high blood pressure⁽¹⁾. Regular physical activity prevents high blood pressure and reduces blood pressure in people with hypertension⁽²⁵⁾.

Osteoporosis

Osteoporosis is a condition of low bone mineral density usually associated with older women. Physical activity can increase bone mineral density in adolescents, maintain it in young adults and slow its decline in old age⁽²⁷⁾.

Diabetes

Physical activity substantially reduces the risk of developing Type 2 diabetes throughout life⁽²⁸⁾ and can lower blood glucose levels to help control diabetes. This also helps lower the risk of developing serious complications such as heart disease, musculoskeletal conditions, circulation problems, nerve damage, and damage to the kidneys and eyes⁽²⁹⁾.

In Wales, 6% of women (aged 16 and over) are being treated for diabetes⁽¹⁾, but with rising obesity levels this will increase.

Arthritis

Regular physical activity in people with arthritis has been shown to decrease pain, improve function, and delay disability⁽³⁰⁾. A large 3-year study of women showed that participating in physical activity could delay the onset and development of arthritis⁽³¹⁾.



Arthritis

Dangoswyd bod gweithgaredd corfforol cyson ymhlith pobl ag arthrits yn lleihau poen, gwella symudedd ac yn arafu anabled⁽³⁰⁾. Dangosodd astudiaeth tair blynedd fawr ymhlith menywod y gallai cymryd rhan mewn gweithgaredd corfforol oedi dechrau a datblygiad arthrits⁽³¹⁾.

Yr Amgylchedd, diogelwch a gweithgaredd corfforol

Mae pryder am ddiogelwch a hygyrchedd ardaloedd lleol yn ymddangos i fod yn rhwystr i weithgaredd corfforol a'r manteision iechyd cysylltiedig. Dangoswyd bod amgylchoedd gwael ar gyfer cerdded yn rhwystr i gerdded, yn arbennig ymhlith mamau â phlant ifanc⁽³²⁾. Fodd bynnag, gallai parciau a ganfyddir eu bod yn ddiogel fod yn atyniadol i fenywod gydag amser ar gyfer gweithgaredd corfforol oriau hamdden⁽³³⁾. Ceir tystiolaeth hefyd bod presenoldeb siopau lleol yn cynyddu'r tebygrwydd y bydd menywod yn cerdded mwy⁽³⁴⁾.

Felly mae pa mor atyniadol yw'r amgylchedd a'r diogelwch canfyddadwy yn bwysig i annog menywod i deithio yn fwy corfforol egniol. Er enghraifft, mae chwarter y cerddwyr sy'n fenywod a mwy na hanner y menywod sy'n beicio ar y Rhwydwaith Beicio Cenedlaethol yn nodi bod diogelwch ar y daith yn bwysig iawn⁽³⁵⁾.

Casgliadau

Mae gweithgaredd corfforol yn hollbwysig ar gyfer menywod o bob oed gan ei fod yn gwella ansawdd bywyd ac yn lleihau risg datblygu llawer o glefydau anhrosglwyddadwy. Er y bydd menywod yn elwa fwyaf o fod yn gorfforol egniol o oed cynnar, mae llawer o fanteision iechyd a dadogir i gymryd at weithgaredd corfforol ar unrhyw oed.

Cynnwys gweithgaredd mewn bywyd pob dydd yw'r ffordd fwyaf cynaliadwy i'r rhan fwyaf o oedolion i gyflawni'r 30 munud o weithgaredd corfforol y dydd a argymhellir a byw bywydau hwy yn rhydd o haint ac afiechyd. Mae cerdded a beicio siwrneiau byr yn hytrach na defnyddio trafnidiaeth modur eisteddog yn ffyrdd hawdd, cost-isel a hygyrch i wneud hyn.

The environment, safety and physical activity

Concern about the safety and accessibility of local areas appears to be a barrier to physical activity and the associated health benefits. Poor walking environments have been shown to be a deterrent to walking, not least for mothers with young children⁽³²⁾. However, parks perceived to be safe may be attractive for women with time for leisure-time physical activity⁽³³⁾. There is also evidence that the presence of local shops increases the likelihood that women will walk more⁽³⁴⁾.

The attractiveness and perceived safety of the environment is therefore important to encourage women to travel more actively. For example, a quarter of female pedestrians and over half of women who cycle on the National Cycle Network identify safety on the route as being very important to them⁽³⁵⁾.

Conclusion

Physical activity is vital for women of all ages as it improves quality of life and reduces the risk of developing many non-communicable diseases. Although women will benefit most by being physically active from an early age, there are still many health benefits attributed to taking up physical activity at any age.

Building activity into everyday life is the most sustainable way for most adults to achieve the recommended 30 minutes of physical activity per day and live longer lives free from disease and ill health. Walking and cycling short journeys, instead of using sedentary motorised transport are easy, low-cost and accessible ways to do this.



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Manylion pellach

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Further information

Sustrans is the UK's leading sustainable transport charity. Our vision is a world in which people choose to travel in ways that benefit their health and the environment. We work on practical, innovative solutions to the transport challenges facing us all. Sustrans is the charity behind the award winning National Cycle Network, Safe Routes to Schools, Bike It, TravelSmart, Active Travel, Connect2 and Liveable Neighbourhoods, all projects that are changing our world one mile at a time.

To find out more visit or call:
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