



Llywodraeth Cymru  
Welsh Government

YSTADEGAU, DOGFENNU

# Ffordd o fyw, iechyd cyffredinol ac afiechyd oedolion o Arolwg Cenedlaethol Cymru 2016 i 17 i 2019 i 20: dadansoddiad ychwanegol yn ôl statws beichiogrwydd, menywod 16 i 54 oed

Mae'r adroddiad yma yn cynnwys dadansoddiad ychwanegol o Arolwg Cenedlaethol Cymru. Mae'n cyfuno data dros bedair blynedd i ddadansoddi ymddygiadau ffordd iach o fyw, iechyd cyffredinol ac afiechyd ymysg menywod beichiog a'r rhai nad oeddent yn feichiog. Saesneg yn unig.

Cyhoeddwyd gyntaf: 6 Awst 2024

Diweddarwyd ddiwethaf: 6 Awst 2024

Cafodd y ddogfen hon ei lawrlwytho o LLYW.CYMRU, efallai nad dyma'r fersiwn mwyaf diweddar.

Ewch i <https://www.llyw.cymru/ffordd-o-fyw-iechyd-cyffredinol-ac-afiechyd-oedolion-o-arolwg-cenedlaethol-cymru-2016-i-17-i-2019-i-20-dadansoddiad-ychwanegol-yn-ol-statws-beichiogrwydd-menywod-16-i-54-oed-html> i weld y fersiwn ddiweddaraf.

Gwybodaeth am [hawlfraint](#).

# Cynnwys

**Main points**

**Manylion cyswllt**

**Cafodd y ddogfen hon ei lawrlwytho o LLYW.CYMRU, efallai nad dyma'r fersiwn mwyaf diweddar.**

Ewch i <https://www.llyw.cymru/ffordd-o-fyw-iechyd-cyffredinol-ac-afiechyd-oedolion-o-arolwg-cenedlaethol-cymru-2016-i-17-i-2019-i-20-dadansoddiad-ychwanegol-yn-ol-statws-beichiogrwydd-menywod-16-i-54-oed-html> i weld y fersiwn ddiweddaraf.  
Gwybodaeth am [hawlfraint](#).

## Main points

Information on healthy lifestyle behaviours among adults in Wales comes from the National Survey for Wales. This report combines four years of data to analyse healthy lifestyle behaviours by pregnancy status for women aged 16 to 54. It supplements a previous statistical article on healthy lifestyle behaviours by selected protected characteristics (disability, ethnic group, marital status, religion, sexual orientation) published in September 2023. This report also includes results for general health and illness as, unlike the other protected characteristics included in the previous article, this is not available from the census for pregnant women.

- There was no significant difference in smoking, drinking within guidelines (includes not drinking), or eating at least 5 portions of fruit and vegetables between pregnant women and those who were not pregnant
- Pregnant women were less likely to be physically active for at least 150 minutes the previous week than women who were not pregnant
- There was no significant difference in reported good or very good general health between pregnant women and those who were not pregnant
- Pregnant women were less likely to report a longstanding illness than women who were not pregnant, and were also less likely to report a limiting longstanding illness.

## Manylion cyswllt

Ystadegydd: Cath Roberts

E-bost: [ystadegau.iechyd@llyw.cymru](mailto:ystadegau.iechyd@llyw.cymru)

Cyfryngau: 0300 025 8099

**Cafodd y ddogfen hon ei lawrlwytho o LLYW.CYMRU, efallai nad dyma'r fersiwn mwyaf diweddar.**

Ewch i <https://www.llyw.cymru/ffordd-o-fyw-iechyd-cyffredinol-ac-afiechyd-oedolion-o-arolwg-cenedlaethol-cymru-2016-i-17-i-2019-i-20-dadansoddiad-ychwanegol-yn-ol-statws-beichiogrwydd-menywod-16-i-54-oed-html> i weld y fersiwn ddiweddaraf.

Gwybodaeth am [hawlfraint](#).

**Efallai na fydd y ddogfen hon yn hollol hygyrch.**

Drllennwch ein [datganiad hygyrchedd](#) i gael rhagor o wybodaeth.

**Cafodd y ddogfen hon ei lawrlwytho o LLYW.CYMRU, efallai nad dyma'r fersiwn mwyaf diweddar.**

Ewch i <https://www.llyw.cymru/ffordd-o-fyw-iechyd-cyffredinol-ac-afiechyd-oedolion-o-arolwg-cenedlaethol-cymru-2016-i-17-i-2019-i-20-dadansoddiad-ychwanegol-yn-ol-statws-beichiogrwydd-menywod-16-i-54-oed-html> i weld y fersiwn ddiweddaraf.

Gwybodaeth am [hawlfraint](#).