

Equality and Health Impact Assessment

All Wales Guide to Prescribing Gluten-Free Foods

AWTTC will fill in an Equality and Health Impact Assessment in parallel with each development stage of our projects. This will help us to follow the five ways of working for public bodies, and work to achieving the wellbeing goals, outlined in the Well-Being of Future Generations (Wales) Act 2015.

Date: 07/07/2026

1.	AWTTC contact details	Tel: 02921 826900 Email: awttc@wales.nhs.uk
2.	State the objectives of the project.	Gluten-free products are an essential part of the treatment of coeliac disease or dermatitis herpetiformis. Gluten-free foods are made available by the NHS to patients diagnosed with coeliac disease or dermatitis herpetiformis in order to encourage patients to adhere to a gluten-free diet and to help prevent more complex health problems from developing. Originally published in 2013 and last updated in 2018, this latest update to the document is intended to review the content and layout of the document to make sure it is still appropriate for use, and also to incorporate reference to the new card-based Gluten-Free Food Scheme (GFFS) that is now being rolled out across Wales. This guide aims to support prescribers and healthcare professionals by providing guidance on the prescribing of ACBS-approved gluten-free foods, including guidance on the recommended gluten-free food types, quantities and units that can be prescribed.

3.	Evidence and background information considered. For example: • population data • staff and service users' data, as applicable • needs assessment • engagement and involvement findings • research • good practice guidelines • participant knowledge • list of stakeholders and how stakeholders have engaged in the development stages • comments from those involved in the designing and development stages Population pyramids are available from Public Health Wales Observatory.	This is an update to an existing resource (originally published in 2013 and last updated in 2018). With the roll out of the GFFS across Wales it was felt to be an appropriate time to bring this document up to date, and refresh the list of products available to prescribe (based on the Drug Tariff, Coeliac UK and dm+d information) to ensure its continued usefulness to prescribers of gluten-free products. Prior to consultation, the document update has been considered by the Welsh Dietetics Leaders Advisory Group, and representatives from the Welsh Government involved in the roll out of the GFFS to ensure the document is fit for purpose.
4.	Who will this project affect?	People with coeliac disease or dermatitis herpetiformis, local clinicians and pharmacy may be affected by this project.

5. EQIA - How will the project impact on people?

Questions in this section relate to the impact on people based on the 'protected characteristics' of the Equality Act 2010, and other factors.

How will the project impact on, or affect:	Potential positive and/or negative impacts	Recommendations for improvement/ mitigation	Actions taken (and who by).
5.1 Age For most purposes, the main categories are people aged: • under 18 years; • between 18 and 65 years; • over 65 years.	We do not expect a potential negative, or unequal, impact on people based on their age.	N/A	N/A
5.2 Persons with a disability as defined in the Equality Act 2010 Those with physical impairments, learning disability, sensory loss or impairment, mental health conditions, long-term medical conditions such as diabetes.	We do not expect a potential negative, or unequal, impact on people with a disability.	N/A	N/A
5.3 People of different genders: Consider men, women, people undergoing gender reassignment. N.B. Gender-reassignment is anyone who proposes to, starts, is going through or who has completed a process to change his or her gender with or without	We do not expect a potential negative, or unequal, impact on people based on their gender, or on people undergoing gender reassignment.	N/A	N/A

How will the project impact on, or affect:	Potential positive and/or negative impacts	Recommendations for improvement/ mitigation	Actions taken (and who by).
going through any medical procedures. Sometimes referred to as Trans or Transgender.			
5.4 People who are married or who have a civil partner.	We do not expect a potential negative, or unequal, impact on people based on their marital status or being in a civil partnership.	N/A	N/A
5.5 Women who are expecting a baby, who are on a break from work after having a baby, or who are breastfeeding. They are protected for 26 weeks after having a baby whether or not they are on maternity leave.	We do not expect a potential negative, or unequal, impact on women who are expecting a baby, are breastfeeding, or are on a break from work after having a baby.	N/A	N/A
5.6 People of a different race, nationality, colour, culture or ethnic origin including non-English speakers, gypsies and travellers, migrant workers. The Runnymede Trust	We do not expect a potential negative, or unequal, impact on people of a different race, nationality, colour, culture or ethnic origin.	N/A	N/A

How will the project impact on, or affect:	Potential positive and/or negative impacts	Recommendations for improvement/ mitigation	Actions taken (and who by).
5.7 People with a religion or belief or with no religion or belief. The term 'religion' includes a religious or philosophical belief. Implications of religious beliefs on selection of medicines (BMJ) In practice: guidance on religion, personal values and beliefs (General Pharmaceutical Council)	We do not expect a potential negative, or unequal, impact on people who have a religion or belief, or people with no religion of belief.	N/A	N/A
5.8 People who are attracted to other people of: - the opposite sex (heterosexual); - the same sex (lesbian or gay); - both sexes (bisexual). Stonewall	We do not expect a potential negative, or unequal, impact on people based on who they are attracted to.	N/A	N/A
5.9 People who communicate using the Welsh language in terms of correspondence, information leaflets, or service plans and design.	We do not expect a potential negative, or unequal, impact on people who communicate using the Welsh language. Any patient-facing materials will be produced in Welsh and English, in line with the Welsh	N/A	N/A

How will the project impact on, or affect:	Potential positive and/or negative impacts	Recommendations for improvement/ mitigation	Actions taken (and who by).
	language standards, including easy read booklets.		
5.10 People according to their income related group.	We do not expect a potential negative, or unequal, impact on people based on their income-related group. In Wales, all prescription medicines are free-of-charge for patients; positive recommendations through this project will not affect people depending on their income-related group.	N/A	N/A
5.11 People according to where they live.	We do not expect a potential negative, or unequal, impact on people based on where they live.	N/A	N/A
5.12 Consider others who face health inequalities, such as: - Looked after and accommodated children and young people - Carers: paid/unpaid, family members	We do not expect a potential negative, or unequal, impact on people who face health inequalities.	N/A	N/A

How will the project impact on, or affect:	Potential positive and/or negative impacts	Recommendations for improvement/ mitigation	Actions taken (and who by).
• People who are homeless or those who experience homelessness: people on the street; those staying temporarily with friends/family; those in hostels/B&Bs • People involved in the criminal justice system: offenders in prison or on probation, ex-offenders • People with addictions and substance misuse problems • People who have poor literacy • People living in remote, rural and island locations			
5.13 Consider any other groups and risk factors relevant to this project.	N/A	N/A	N/A

6. HIA - How will the project impact on the health and wellbeing of people in Wales and help address inequalities in health?

Questions in this section relate to the impact on the overall health of individual people, and the impact on the population in Wales.

How will the project impact on, or affect:	Potential positive and/or negative impacts and any particular groups affected	Recommendations for improvement/ mitigation	Actions taken (and who by) <i>Refer to where the mitigation is included in the document, as appropriate.</i>
6.1 People being able to access the service offered.	We do not expect a potential negative, or unequal, impact on people's ability to access the service offered.	N/A	N/A
6.2 People being able to improve or maintain healthy lifestyles.	We do not expect a potential negative, or unequal, impact on people's ability to improve or maintain healthy lifestyles.	N/A	N/A
6.3 People in terms of their income and employment status.	We do not expect a potential negative, or unequal, impact on people in terms of their income and employment status.	N/A	N/A
6.4 People in terms of their use of the physical environment.	We do not expect a potential negative, or unequal, impact on people's use of the physical environment.	N/A	N/A
6.5 People in terms of social and community influences on their health.	We do not expect a potential negative, or unequal, impact on people in terms of social and community influences on their health.	N/A	N/A

How will the project impact on, or affect:	Potential positive and/or negative impacts and any particular groups affected	Recommendations for improvement/ mitigation	Actions taken (and who by) <i>Refer to where the mitigation is included in the document, as appropriate.</i>
6.6 People in terms of macro-economic, environmental and sustainability factors.	We do not expect a potential negative, or unequal, impact on people in terms of macroeconomic, environmental and sustainability factors.	N/A	N/A

7. Please fill in section 7.1 after completing the EqHIA, and fill in the action plan.

7.1 Please summarize the potential positive and/or negative impacts of the project.	There are currently no impacts on equality anticipated for this document update.
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Action plan for mitigation or improvement and implementation

	Action	Lead(s)	Timescale	Actions taken (<i>state who by</i>)
7.2 What are the key actions identified as a result of completing the EqHIA?	N/A			
7.3 Is a more comprehensive Equalities Impact Assessment or Health Impact Assessment needed?	N/A			
7.4 What are the next steps?	Document to continue unchanged Next steps Consideration by AWPAG Consultation	 AWTTC AWTTC	 June 2026 July-August 2026	

	Action	Lead(s)	Timescale	Actions taken (<i>state who by</i>)
7.5 Review of project and EqHIA		AWTTC	[TBC]	

AWTTC's EqHIA template is adapted from the Cardiff & Vale University Health Board EHIA template.