

**HEALTH & SOCIAL SERVICES
SCRUTINY COMMITTEE
2nd May 2024**

**Health & Social Services Scrutiny Committee
Task & Finish Group 2023/24
“An Active and Healthy Start”**

To consider and comment on the following issues:

- To endorse the report and recommendations for further consideration by Cabinet.

Reasons:

- At its meeting on 5th July 2023, the Health & Social Services Scrutiny Committee agreed to establish a task and finish group to develop an action plan to help reduce the incidence of childhood obesity in Carmarthenshire – ‘An Active & Healthy Start’.
- The recommendations contained within the report have been formulated by the Group following the consideration of a range of evidence over a series of meetings held between September 2023 and March 2024.

To be referred to the Cabinet for decision: YES

CABINET MEMBER PORTFOLIO HOLDER:

Cllr. J. Tremlett, Health & Social Services

Directorate Communities Name of Head of Service: Ian Jones Chair of the Task & Finish Group: Cllr Gareth John Report Co-ordinator: Emma Bryer	Designations: Head of Leisure Chair of the Health & Social Services Scrutiny Committee Democratic Services Officer	Tel Nos. / E Mail Addresses: 01267 224010 lrjones@carmarthenshire.gov.uk 01267 224029 ebryer@carmarthenshire.gov.uk
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HEALTH & SOCIAL SERVICES
SCRUTINY COMMITTEE
2nd May 2024

Health & Social Services Scrutiny Committee
Task & Finish Group 2023/24
'An Active and Healthy Start'

Review Background

At its meeting on 5th July 2023, the Health & Social Services Scrutiny Committee agreed to establish a task and finish group to develop an action plan to help reduce the incidence of childhood obesity in Carmarthenshire – 'An Active & Healthy Start'. This was in response to the alarming data which indicated that Carmarthenshire has the highest levels of overweight children in Wales.

Obesity is one of the greatest public health challenges of modern times. It leads to many adverse health conditions including; type 2 diabetes, cardiovascular disease, liver and respiratory disease, an increased incidence of cancer, and can affect mental health and wellbeing. Obesity is a growing problem with 27% of children living in Wales, aged 4-5 years, overweight or obese (Public Health Wales, 2022). Carmarthenshire has the highest proportion of overweight or obese children aged 4 – 5 years in Wales. Around 55% of obese children go on to be obese in adolescence, around 80% of obese adolescents will still be obese in adulthood. Prevention is better than cure, and early intervention is key - it is 4 times harder to change behaviours in year 4 than aged 4.

This is a complex subject matter requiring a holistic approach and multi-agency alignment with current and emerging strategies such as a new prevention strategy that is currently in an early stage of development.

The report highlights how essential it is that knowledge, expertise, and resources are shared, maximised and sustained across the public, private and voluntary sectors to try and address these challenges.

The report is set within the context of no additional core funding resource being or becoming available for the foreseeable future, and is underpinned by the following key principles:

- Prevention
- Collaboration
- Person-centered focus
- Addressing inequality

Recommendations

The report concludes with **7 key recommendations** for members to consider:

Recommendation 1

Focus area: Review stakeholder governance.

KEY ACTION – Improve collaboration to make best use of resources.

Sub-Action 1: Update stakeholder mapping for all childhood obesity work across Carmarthenshire

Sub-Action 2: Review and monitor actions from this report via Carmarthenshire Prevention Board, which in turn can report through to Healthier Carmarthenshire Board and Public Service Board (PSB)

Sub-Action 3: Align this plan with emerging Local Food Strategy and Health sector Prevention strategy.

Recommendation 2

Focus area: Pre-School, play, and physical literacy provision.

KEY ACTION – Collaborate across sectors to maximise benefit from existing programmes, networks, and opportunities for pre-school groups.

Sub-Action 4: Ensure a pre-natal to pre-primary working forum exists (linking via Carmarthenshire Prevention Group) to suitably cover this agenda, with all relevant partners present, and connections out to groups and organisations who operate within this space.

Sub-Action 5: Collaborate to review key information and opportunities, and to ensure effective communication through all relevant streams, e.g. GP Surgeries, Leisure Centres, Hospitals, Midwives, Health Visitors, Family Centres, Community Centres, etc.

Sub-Action 6: Agree a menu of physical activity/development-related training and support with minimum expected standards, from which all pre-school settings would be required to undertake and/or adopt from a set minimum.

Recommendation 3

Focus Area: Primary School provision.

KEY ACTION: Ensuring a consistent offer across all Carmarthenshire schools. All schools to provide 2 hours of high-quality Physical Education per week, supplemented by a thriving extra-curricular activity programme.

Sub-Action 7: All schools to complete the Sport Wales School Sport Survey and the Primary Well-being Surveys and use their school action plans, as a minimum – to address areas of concern and support curriculum design.

Sub-Action 8: Education and Leisure to agree a menu of physical activity / development related training with minimum expected standards e.g. Physical literacy, SKIP, Actif Story Time, Toddlebikes.

Sub-Action 9: All schools to ensure they provide a year-round, inclusive extracurricular programme that is accessible to every pupil and made up of i) physical activity sessions and ii) festivals / competitions, linking with the Carmarthenshire Sport Network / Actif.

Sub-Action 10: Actif to ensure a connection between all primary schools and the local voluntary sports clubs in their area, through the online Sports Directory, Activity Finder, website, and/or transition sessions.

Sub-Action 11: Actif Sport & Leisure to develop and offer an endorsed staffing solution for schools that wish to buy in PE and/or extra-curricular sport deliverers, including PPA cover.

Sub-Action 12: All schools to subscribe to 'Actif Anywhere for Schools' – CCC's online Resource, OnDemand and Livestreaming platform for physical activity for schools.

Sub-Action 13: All schools to engage with the Bronze Young Ambassador Programmes to

ensure additional opportunities exist for children to be active.

Sub-Action 14: All schools to engage with the School Health Research Network and allow Key Stage 2 pupils to complete the Well-being Surveys. Schools to analyse data focussing on Eating and Activity habits and act where necessary. Link findings with those from the School Sports Survey (see Action 1).

Recommendation 4

Focus Area - School Swimming and Community Sport

KEY ACTION: Confirm the authority's commitment to ensure that every child in Carmarthenshire is to be able to swim 25m by the time they leave primary school and reduce/remove the cost of school swimming to schools.

Sub-Action 15: Endorse the Council commitment 'to ensure every child in Carmarthenshire is able to swim 25m by the time they leave primary school.'

Sub-Action (Option) 16a: Top slice cost of school swimming from delegated schools' budgets, whilst exploring alternative transport solutions e.g. Sourcing a fleet of electric minibuses for secondary schools (and use by catchment primaries / communities), with trained staff / volunteer drivers to reduce costs (example of Dolen Teifi Community transport bus being used by some Llanelli Schools at a fraction of normal bus hire costs). Transport solution also applicable to option 2b below.

Sub-Action (Option) 16b: Remove the cost per pupil (£2.80 per swim session) to schools. Whilst this would create a financial burden to the Council (on Actif Sport & Leisure budget), implementation of Actions 5 and 6 of Recommendation 2 would go some way towards reducing the overall burden.

Sub-Action 17: Endorse the 3-week 'intensive course of swim lessons' due to it being an evidence-based means of effectively teaching children to swim. Modify the programme to 12 days (from 15) to reduce other impacts of schools and to release 3 days of pool programming to income generate and further offset financial burden of Action 2.

Sub-Action 18: Endorse the Actif Communities Team as a key council function that supports the sport and physical activity network for young people, including pre-school, school, and community. Seek solutions to mitigate the risk to annual external grant funding that currently underpins this work, recognising the social value return on investment being far more than investment required.

Sub-Action 19: Ensure diversification of the physical activity offer, e.g. family entertainment arena at the new 'Carmarthen Health & Wellbeing HWB' and connection to HWB offer countywide, to maximise promotion and uptake.

Recommendation 5

Focus Area: Healthy Eating Production, Provision and Promotion

KEY ACTION: Aligning and integrating actions with the Local Food Strategy and the Food Systems Development Project

Sub-Action 20: Promote county-wide "One Health, One Food System" activity in this area including the development of food knowledge, skills and nutritional literacy for targeted groups, prioritising pregnancy, and early years. Support and deliver food educational programmes and initiatives in schools by adopting a whole school approach in collaboration with stakeholders already identified and operating in the food system.

Sub-Action 21: Research the feasibility of 'Social Prescription of Healthy Food Provision' including but not exclusively the expansion and integration of a 'Healthy Start Voucher +' for key areas with direct access to fruit and veg shops/markets/community pantries/county-wide box schemes. Supporting the work of the Food Systems Development Project to establish a subsidised Carmarthenshire Veg-Box Scheme to be distributed through Community Food Initiatives across county.

Sub-Action 22: Create and promote a standardised Menu Development guidance document for Early Years settings and encourage the localised supply chains where access is given to Nutrient Dense Food. Including Breakfast Clubs with Healthy Eating Guidance/Menu Options.

Sub-Action 23: Support the definition, review, and phased removal of all 'ultra-processed' ingredients from all Public Sector menus across Hospitals, Care Homes, School Meals, Leisure Facilities (linking with new Healthier choices Food & Beverage strategy for leisure facilities) and supported Early Years settings.

Sub-Action 24: Review the existing food advertising environment under our direct control and Regulate (where possible) the promotion of 'Un-Healthy' Foods in and around school/early years settings.

Sub-Action 25: Scale-up successful delivery models already operating such as the Cwm Gwendraeth Model (see Appendix A pilot) to all of Carmarthenshire with additional engagement and delivery support from PSB partners and the local food partnership.

Sub-Action 26: Promote the 'Future Generations Menu' (when available) and the VegPower 'Eat them to Defeat Them' Campaign in all CCC settings, including resource links for school settings.

Sub-Action 27: Capture county-wide baseline data on School Food Waste, both 'avoidable' (plate) and 'un-avoidable' (kitchen). All schools to comply with the current Healthy Eating in Maintained Schools (Wales, June 2014) and Healthy Eating in Schools (Wales) Measure, 2009 & the regulations made under it. Collaborative working in relation to ensuring compliance.

Recommendation 6

Focus Area: Addressing inequalities via Pentre Awel development.

KEY ACTION: Collaborate with local community and to address health inequalities in the locality using the Pentre Awel development as the catalyst for change.

Sub-Action 28: Ensure clarity and connection of work building on existing work and partnerships in and around Pentre Awel (linking with LHB endorsed social model for health & well-being targeting and transforming Ty-lsha ward) to maximise partnerships and programmes of intervention for the benefit of the population, e.g. £147k Shared Prosperity Fund project, and building on the success of the recent 'Beat the Street' initiative.

Sub-Action 29: Engage with local community to help to design physical activity spaces and programmes on and off-site, and to expose them to the current and future volunteering and employment opportunities in physical activity-related roles.

Sub-Action 30: Scope and enhance the physical activity opportunities for families and young people in and around Pentre Awel.

Sub-Action 31: link across with work on Food strategy and initiatives to support healthier eating in locality.

Sub-Action 32: Link with County Council Housing team to consider discounted health and fitness memberships for tenants as part of their agreement.

Recommendation 7

Focus Area: Ensuring a 'fit for the future' infrastructure to enable children and families to be active.

KEY ACTION: Ensure a thorough understanding of the current sport and physical activity infrastructure, informing planned and potential developments with funding routes in place or identified.

Sub-Action 33: All schools to ensure that their environment promotes and encourages Physical Activity / Physical Learning.

Sub-Action 34: Ensure all Council leisure facilities feature inspirational spaces for children,

including facilities at Pentre Awel and the proposed Health & Wellbeing HWB in Carmarthen. Their use to be reviewed and enhanced to maximise positive impact on children.

Sub-Action 35: Robust spatial assessments to be in place that inform the Council, and other associated agencies, of the needs and wants of the county. Assessments to be utilised to plan and create a rich landscape of accessible activity spaces and facilities.

Sub-Action 36: Adopt a long-term strategy regarding all weather pitches that considers the role they can play in increasing capacity, consistency, and positivity of experience balanced with the grass pitch landscape, environmental sustainability, and the financial viability in the short and long term.

Sub-Action 37: Using the Council's innovative 'Focus Sport' approach (used for Cycling previously), review infrastructure development of focus and priority sports to date, using achievements and learning to create and deliver a forward plan of infrastructure development for the next 3-year cycle.

DETAILED REPORT ATTACHED ?	YES
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IMPLICATIONS

I confirm that other than those implications which have been agreed with the appropriate Directors / Heads of Service and are referred to in detail below, there are no other implications associated with this report :

Signed: Linda Rees-Jones Head of Administration & Law

Policy, Crime & Disorder and Equalities	Legal	Finance	ICT	Risk Management Issues	Staffing Implications	Physical Assets	Bio-diversity & Climate Change
NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE

1. Policy, Crime & Disorder and Equalities – In line with requirements of the County Council’s Constitution.

2. Legal - In line with requirements of the County Council’s Constitution.

CONSULTATIONS

I confirm that the appropriate consultations have taken in place and the outcomes are as detailed below

Linda Rees-Jones Head of Administration & Law

- 1. Local Member(s) - N/A
- 2. Community / Town Council - N/A
- 3. Relevant Partners - N/A
- 4. Staff Side Representatives and other Organisations - N/A

CABINET PORTFOLIO HOLDER(S) AWARE/CONSULTED

YES

**Section 100D Local Government Act, 1972 – Access to Information
List of Background Papers used in the preparation of this report:**

THESE ARE DETAILED BELOW

Title of Document	File Ref No.	Locations that the papers are available for public inspection
Task & Finish Scope Document.		Agenda for Health & Social Services Scrutiny Committee on Wednesday, 5th July, 2023, 10.00 am (gov.wales)