

Health & Social Services Scrutiny Committee Task & Finish Group 2023/24

An Active & Healthy Start (0 – 11 year old age group) Planning & Scoping Document

Task & Finish Objective(s)	To develop an action plan to help reduce the incidence of childhood obesity in Carmarthenshire.
Context	<p>The Health & Social Services Scrutiny Committee has a key role to play in monitoring services, development of key policies and strategies, as well as identifying areas for improvement or development within their remit.</p> <p>At its Forward Planning Meeting on 18th April, the Health & Social Services Scrutiny Committee agreed in principle to undertake a review into childhood obesity in Carmarthenshire.</p> <p>Childhood obesity is a significant public health issue in the UK, and Carmarthenshire is no exception. According to recent data, the prevalence of overweight and obesity in children aged 4-5 years and 10-11 years in Carmarthenshire is higher than the Welsh average.</p> <p>The latest figures for Carmarthenshire are a cause for significant concerns:</p> <ul style="list-style-type: none"> • Carmarthenshire has the 5th worst rate of childhood obesity across Wales¹ • Around 12% of Children in the reception year of school (aged 4 to 5 years old) are living with obesity. ² <p>Factors contributing to childhood obesity are complex and multifactorial and could include:</p> <ul style="list-style-type: none"> • Unhealthy diets (children are consuming too many foods high in fat, sugar, and salt, and not enough fruits, vegetables, and whole grains). • Physical activity levels / time spent being inactive (Children are spending too much time watching television, playing video games, and using electronic devices, and not enough time being physically active). • Socioeconomic factors (children from lower-income families are more likely to be overweight or obese due to factors such

¹ The Office of National Statistics

² NHS Wales

	<p>as limited access to healthy food options and safe places to play and exercise)</p> <ul style="list-style-type: none"> • Genetics and family history • Mental health • Trauma • Lack of sleep <p>Childhood obesity can lead to various health complications including:</p> <ul style="list-style-type: none"> • Type 2 diabetes • High blood pressure and elevated blood cholesterol • Liver disease • Bone and joint problems • Respiratory problems (e.g. asthma) • Sleep disorders such as difficulty breathing while asleep (e.g. sleep apnea) • Earlier than normal puberty • Mental health issues.
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<p>Membership</p>	<p><u>Elected Members</u></p> <ul style="list-style-type: none"> • Up to 7 Elected Members appointed to reflect the political balance of the Council as whole. <ul style="list-style-type: none"> ○ Cllr. Hazel Evans (Chair) – Plaid ○ Cllr. Hefin Jones – Plaid ○ Cllr. Meinir James - Plaid ○ Cllr. Louvain Roberts (Vice Chair) – Independent ○ Cllr. John Jenkins – Independent (Unaffiliated) ○ Cllr. Rob Evans – Labour ○ Cllr. Michelle Donoghue - Labour <p><u>Advisors / Support Officers</u></p> <ul style="list-style-type: none"> • Ian Jones – Head of Leisure • Carl Daniels – Senior Sports & Leisure Manager • Catrin Rees – Senior Healthy Schools Officer • Angharad Jones – Educational Support Advisor • Alex Cook – Food Development Officer • Chris Pugh – Senior Catering Manager • Noeline Thomas – Early Years Team (Flying Start) • Geinor Jones / S Rees – Hywel Dda Health Board (Healthy Weight-Healthy Wales) • Nerys Burton – Hywel Dda Health Board (Pre-school & Healthy Sustainable Scheme) • Others as required
<p>The main aims of the review</p>	<ul style="list-style-type: none"> • To undertake a review of existing resources – avoid duplication of work.

	<ul style="list-style-type: none"> • To establish how effectively partners work together to achieve outcomes. • Understand the extent of the problem and identify the root cause of the issues in Carmarthenshire. • Develop a coordinated approach to tackling the issue of obesity to improve the health and well-being of children in Carmarthenshire. • To formulate recommendation for consideration by the Cabinet.
Scope of the review	The review will concentrate on 0-11 years age group (pre-school and primary) and will focus on Carmarthenshire's strategy and plan to reduce the number of children impacted by obesity.
How it will contribute to achieving corporate / community objectives and well-being objectives	<p>Contributes to the following outcomes from the County Council's Corporate Strategy 2018-2023</p> <ul style="list-style-type: none"> • People in Carmarthenshire are healthier • Providing services as efficiently as possible, ensuring value for money • Investigating and developing new ways of working and providing services • Increasing collaboration with our partners and communities in order to support the delivery of services. <p>The project will link directly to the following Carmarthenshire County Council Well-being objectives</p> <ul style="list-style-type: none"> • Best start in life <ul style="list-style-type: none"> ○ to help give every child the best start in life and improve their early life experiences. • Help children live healthy lifestyles • Support and improve progress, achievement & outcomes <ul style="list-style-type: none"> ○ Support and improve progress, achievement and outcomes for all learners.
List of key stakeholders [not exhaustive]	<ul style="list-style-type: none"> • Integrated Services • Education & Children's Services • Communities (Sport & Leisure) • Public Health Wales • Hywel Dda University Health Board (HDUHB) • Schools • Parents & Families • Third Sector • Other as identified
What information / documents are required to inform the work of the study? [not exhaustive]	<ul style="list-style-type: none"> • Current Strategies and Plans • Welsh Government – Healthy Weight Healthy Wales (Strategy) https://www.gov.wales/healthy-weight-strategy-healthy-weight-healthy-wales • Healthy Food Environment – https://www.gov.wales/healthy-food-environment • Nutrition Skills for Life

	<p>https://nutritionskillsforlife.com/</p> <ul style="list-style-type: none"> • Nutrition for Your Little One https://nylo.co.uk/ • Every Child https://everychildwales.co.uk/ • Primary Care Obesity Prevention Action Plan https://phw.nhs.wales/news/primary-care-obesity-prevention-action-plan-to-support-implementation-of-the-all-wales-weight-management-pathway/ 														
<p>Timescale for completion of the review</p>	<ul style="list-style-type: none"> • Draft Planning & Scoping Document to H&SC Scrutiny Committee – For committee approval July 5th, 2023. <table border="1" data-bbox="504 663 1477 1151"> <tr> <td data-bbox="504 663 847 797">18th May, 2023</td> <td data-bbox="847 663 1477 797">T&F Group Meeting 1 Agree overall approach & plan for the review</td> </tr> <tr> <td data-bbox="504 797 847 853">19th June, 2023</td> <td data-bbox="847 797 1477 853">T&F Group Meeting 2</td> </tr> <tr> <td data-bbox="504 853 847 909">10th July, 2023</td> <td data-bbox="847 853 1477 909">T&F Group Meeting 3</td> </tr> <tr> <td data-bbox="504 909 847 965">19th September, 2023</td> <td data-bbox="847 909 1477 965">T&F Group Meeting 4</td> </tr> <tr> <td data-bbox="504 965 847 1021">20th October, 2023</td> <td data-bbox="847 965 1477 1021">T&F Group Meeting 5</td> </tr> <tr> <td data-bbox="504 1021 847 1077">14th November</td> <td data-bbox="847 1021 1477 1077">T&F Group Meeting 6</td> </tr> <tr> <td data-bbox="504 1077 847 1151">18th December, 2023 (main scrutiny)</td> <td data-bbox="847 1077 1477 1151">Final Report to Committee</td> </tr> </table>	18 th May, 2023	T&F Group Meeting 1 Agree overall approach & plan for the review	19 th June, 2023	T&F Group Meeting 2	10 th July, 2023	T&F Group Meeting 3	19 th September, 2023	T&F Group Meeting 4	20 th October, 2023	T&F Group Meeting 5	14 th November	T&F Group Meeting 6	18 th December, 2023 (main scrutiny)	Final Report to Committee
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