

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

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

<b>Task &amp; Finish Objective(s)</b>	To develop an action plan to help reduce the incidence of childhood obesity in Carmarthenshire.
<b>Context</b>	<p>The Health &amp; 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 18<sup>th</sup> April, the Health &amp; 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"> <li>• Carmarthenshire has the 5<sup>th</sup> worst rate of childhood obesity across Wales<sup>1</sup></li> <li>• Around 12% of Children in the reception year of school (aged 4 to 5 years old) are living with obesity. <sup>2</sup></li> </ul> <p>Factors contributing to childhood obesity are complex and multifactorial and could include:</p> <ul style="list-style-type: none"> <li>• Unhealthy diets (children are consuming too many foods high in fat, sugar, and salt, and not enough fruits, vegetables, and whole grains).</li> <li>• 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).</li> <li>• Socioeconomic factors (children from lower-income families are more likely to be overweight or obese due to factors such</li> </ul>

<sup>1</sup> The Office of National Statistics

<sup>2</sup> NHS Wales

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

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

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