



Well-being Objective 2

Start Well - Help children live healthy lifestyles

How will we do this? Our detailed action plan to achieve this objective

(Lemon highlight means that this is not the Action or Measure's main objective)

Ref	Actions and Measures	Date/Target
A	Increase physical activities for children	
1	We will work with Town & Community Councils and other community organisations to look at ways to invest in upgrading Local leisure provisions Part of MF5-71	March 2019
2	We will ensure best use is made of school facilities to support wider community activity. <i>(Action also included in Objective 8, 9 and 11)</i> MF5-30	March 2019
3	We will review and implement an improved pathway of aquatics provision that enables participants to reach their full potential. <i>(Also in Well-being Objective 8)</i>	March 2019
4	Through the Healthy Schools Scheme we will continue to increase the level of physical activity by developing the Carmarthenshire Outdoor Schools Project, continue to hold our annual Pedometer Challenge and continue to embed the Food & Fitness Health topic within Schools.	March 2019
5	We will continue to work towards addressing the gaps identified in our most recent Play Sufficiency Assessment (2016-2019) in order to ensure that local children and young people have access to wide and varied play opportunities and experiences including the potential of utilising school grounds, outside of teaching hours. <i>(Also in Well-being Objectives 1 and 5)</i>	June 2019
6	We shall increase the % of children who can swim 25m aged 11 (3.4.2.1) <i>(Also in Well-being Objective 8)</i> (2017/18 Result 77.3%)	80.0%
7	We shall maintain the number of young people (0-16) accessing free swim sessions (3.4.2.2) (2017/18 Result - 9,351)	9,819
8	We shall increase the number of attendances at Sporting Opportunities facilitated by Sport & Leisure Officers (3.4.2.8) (2017/18 Result - 235,457)	247,230
9	We shall increase the number of visits to leisure centres per 1,000 population (PAM/017) <i>(Also in Well-being Objective 8)</i> (2017/18 Result - 8,522)	8,735
B	Address mental health	
1	We will reduce exposure to adverse childhood experiences - these are addressed in <i>Objective1- Help to give every child the best start in life.</i>	
2	Through the Healthy School Scheme we will continue to support schools in their implementation of the Mental & Emotional Health and Well-being Health topic including Anti-bullying strategies and healthy coping mechanisms such as mindfulness and Speakr.	March 2019
C	Promote healthy eating	
1	We will seek to further develop healthy eating in schools, beyond statutory Welsh Government regulations.	March 2019
2	We will seek to increase take-up of school meals (including free school meals).	March 2020
3	We shall implement the School Holiday Enrichment (Holiday Hunger) Programme (SHEP), supporting families and children during school vacations to cook healthy meals, particularly aimed at pupils eligible for Free School Meals. <i>(Also in Well-being Objective 5)</i>	March 2018
4	We shall continue to ensure that schools are abiding by the Healthy Eating in Schools (Wales) Measure 2009 and the Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013, during cluster meetings, schools visits and assessments.	March 2019

Ref	Actions and Measures	Date/Target
5	We will increase the % of schools achieving phase 4 of the Healthy Schools Initiative (8.3.1.5) (2017/18 Result - 63%)	65%
6	We shall increase the percentage of children seen by a registered dentist within 3 months of becoming looked after (SCC/30) (2017/18 Result - 69.6%)	70.5%
7	We shall retain a high percentage of children looked after at 31 March who were registered with a GP within 10 working days of the start of their placement (SCC/31) (2017/18 Result - 94.6%)	94.6%
D	Increase awareness	
1	We shall continue to work in partnership with the Sustainable Pre-School Healthy Schools Scheme in promoting the '10 steps to a Healthy Weight'	March 2020
2	We will continue to promote and raise awareness to campaigns specific to healthy eating, physical activity and mental health such as 'Walk to school Week', the 'Daily Mile', National Obesity Awareness Week and Mental Health Awareness Week and promote the School Health Research Network through the Healthy Schools' Twitter account, Healthy Schools Network on Hwb, cluster meetings and raise awareness with parents and carers via parents evenings.	March 2020
E	Flying Start Programme	
1	We will continue to develop the Flying Start programme, promoting early intervention for disadvantaged families with children (0-3) living in specific deprived communities, ensuring good multi agency support to families across the spectrum of need by developing clear pathways with internal and external partners. MF5-82 (Action also included in Objective 1 and 5)	March 2020

Success Measure

Childhood obesity (Child Measurement Programme NHS)