



## Well-being Objective 8

Live Well - Help people live healthy lives  
(tackling risky behaviour and obesity)

### 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
	Also see: <i>Objective 1 – Help to give every child the best</i> <i>Objective 2 – Help children live healthy lifestyles and improve their early life experiences</i>	
<b>A</b>	<b>Eat and breathe healthily</b>	
1	We will review catering provision across the Leisure Division	July 2018
2	We will continue to monitor air quality (nitrogen dioxide) for the residents of and visitors to the County. This will be carried out by regular assessments and, where necessary, sampling programmes.	March 2019
3	We will monitor private water supplies to ensure safety for the residents in Carmarthenshire. The service will explore the possibility of extending the programme to testing for the presence of radon and remediation as necessary.	March 2019
4	We shall ensure that a very high percentage of food establishments meet food hygiene standards ( <i>PAM/023</i> ) <i>(2017/18 Result - 97.91%)</i>	93%
5	We shall ensure that all high risk Food businesses that are liable to a programmed inspections are inspected. ( <i>PPN/001ii</i> ) <i>(2017/18 Result - 100%)</i>	100%
6	We will utilise information from the population needs assessment to plan the service at a locality level within the 3 Locality areas, which incorporate the GP clusters. <ul style="list-style-type: none"> <li>➤ TTT – Carmarthen Area</li> <li>➤ Aman Gwendraeth Area</li> <li>➤ Llanelli Area</li> </ul> This will provide a more detailed understanding of what the populations needs are and will allow planning of health and social care services at Locality Level and will consider the key objectives outlined in our 'model of delivery' section.	April 2021
7	We will work with community organisations to improve access to the network of footpaths and bridleways across the County. <b>MF5-68</b>	March 2019 Report 6 monthly
<b>B</b>	<b>Physical Activity</b>	
1	We will support and manage a Workplace health champion to effect change in physical activity levels and general well-being of staff and adults on a sustainable basis.	September 2019
2	We will ensure a range of targeted physical activity interventions are put in place across the life course to increase the activity levels of those who are inactive or at risk of becoming inactive and increase social and community cohesion. ( <i>Action also in Well-being Objective 11</i> )	March 2019
3	We shall invest in the County's leisure centre provision with the development of a new facility in Llanelli as part of the Wellness Village. <b>MF5-61</b>	March 2019
4	We will implement the Cycling Strategy for Carmarthenshire that will focus on 5 key strategic themes. 1- Education, Development & Training; 2- Infrastructure and Facilities; 3-Marketing & Branding; 4-Tourism and 5 - Events. ( <b>Part of MF5-1- Carmarthen Velodrome</b> )( <i>Action also in Well-being Objective 13</i> )	March 2023
5	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 2</i> )	March 2019
6	We will ensure best use is made of school facilities to support wider community activity. <b>MF5-30</b> ( <i>Action also in Well-being Objective 2</i> )	March 2020

Ref	Actions and Measures	Date/Target
7	We will develop a new 3G pitch and improved parking facilities in Ammanford and track improvements at Carmarthen leisure centre. <b>MF5-62</b>	March 2019
8	We shall strive to continue to increase the number of visits to leisure centres per 1,000 population ( <i>PAM 017</i> ) ( <i>Also in Well-being Objective 2</i> ) (2017/18 Result - 8,522)	8,735 per 1,000 population
9	We shall increase the % of children who can swim 25m aged 11 (3.4.2.1) ( <i>Also in Well-being Objective 2</i> ) (2017/18 Result 77.3%)	80.0%
10	We shall increase the percentage of people referred to the National Exercise Referral scheme that attend the initial consultation of the programme (3.4.2.6) (2017/18 Result 53.8%)	58%
11	We shall increase the percentage of people referred to the National Exercise Referral scheme that complete the 16 week programme (3.4.2.7 now PAM/041) (2017/18 Result 45.6%)	50%
12	We shall increase the percentage of National Exercise Referral clients whose health had improved on completion of the exercise programme ( <i>PAM/042</i> ) (2017/18 Baseline data for this new measure will be available later in the year)	18/19 target will be set once baseline data is available
<b>C</b>	<b>Mental Health</b>	
1	We will contribute to health led transformation programmes in mental health and redesign of services within learning disability	Dec 2018
2	We will develop the 'Sturdy Digidol' digital project to widen access to our County's collections and cultural services and promote improved mental health. ( <i>Action also in Well-being Objective 14</i> )	March 2019
3	We will deliver a transformation plan for the existing Museums provision at the County Museum Abergwili, Parc Howard, Kidwelly Industrial Museum (via the KIM Trust) and Museum of Speed, Pendine to improve the provision for residents and visitors whilst also maintaining links with and promoting independent museums within the County. In addition, it is intended to undertake work to further develop Oriel Myrddin. <b>MF5-64</b> ( <i>Action also in Well-being Objectives 6 &amp; 14</i> )	March 2022
4	We will begin the museums transformation plan with the delivery of a £1.2 million redevelopment of the County museum at Abergwili. <b>MF5-65</b> ( <i>Action also in Well-being Objectives 6 &amp; 14</i> )	March 2020
5	Review and re-develop the Council's Theatre Services provision. <b>MF5-66</b> ( <i>Action also in Well-being Objectives 6 &amp; 14</i> )	March 2019
6	We shall improve and develop the infrastructure and facilities at Pembrey Country Park to enable it to become a first class facility for residents and visitors. <b>MF5-67</b> ( <i>Action also in Well-being Objective 6</i> )	March 2020
7	We will deliver a £2million programme to re-develop Burry Port Harbour. <b>MF5-69</b> ( <i>Action also in Well-being Objective 6</i> )	March 2019
8	We will celebrate and promote Carmarthenshire's rich cultural and sporting achievements and diversity. <b>MF5 70</b> ( <i>Action also in Well-being Objective 14</i> )	March 2019 (Annual)
9	We shall increase the number of library visits per 1,000 population ( <i>PAM/016</i> ) (2017/18 Result - 7,689)	7,727
10	Percentage of Quality Indicators (with targets) achieved by the library service. ( <i>PAM/040</i> ) (2016/17 Result - 86%)	86%

Success Measures
<b>Adults who say their general health is Good or Very Good</b> ( <i>National Survey for Wales</i> )
<b>Adults who say they have a longstanding illness</b> ( <i>National Survey for Wales</i> )
<b>Adult mental well-being score</b> ( <i>National Survey for Wales</i> ) ( <i>National Well-being Indicator</i> )
<b>Adults who have fewer than two healthy lifestyle behaviours</b> ( <i>National Survey for Wales</i> ) ( <i>National Well-being Indicator</i> ) (Not smoking, drinking > 14 units or lower, eating at least 5 portions fruit & veg the previous day, having a healthy body mass index, being physically active at least 150 minutes the previous week).