



Well-being Objective 8

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

The following are our commitments and end of year progress comments for this Well-being Objective during 2017/18.

Last Year's Commitments	✓ ✗	Progress Comment
A - Eat and breathe healthily		
We will work with leisure catering franchisees to offer and promote healthier eating and drinking options for consumers. <i>(Action ID 12704)</i>	✓	A new Project officer started in September 2017 to review catering provision across the Communities Department, with a specific focus on key leisure sites. A review and work-plan was reported to Departmental Management Team on 28 th March, 2018 with business case for future management options for all catering outlets across the department. We are working closely with Education catering division and procurement to develop options.
We will continue to monitor air quality (nitrogen dioxide) for the residents of and visitors to the County implementing a sampling programme. <i>(Action ID 12599)</i>	✓	Monitoring of Nitrogen Dioxide throughout the County has been ongoing on a monthly basis and complete. This will support the current consultation for the action plans for the Air Quality Management Area's for Llanelli and Carmarthen as well as the current action plans for Llandeilo. Data has been captured across all sites and results assessed and reported.
We will continue to monitor water quality for the residents of and visitors to the County implementing a sampling programme. <i>(Action ID 12936)</i>	✓	Both the bathing water and private drinking water programmes have been completed for this year
We shall ensure that a very high percentage of food establishments meet food hygiene standards <i>(PAM/023)</i> <i>(2016/17 Result - 97.5% / 2017/18 Target - 93%)</i>	✓	For 2017/18, 97.91% of food establishments met food hygiene standards.
We shall ensure that all high risk Food businesses that are liable to a programmed inspections are inspected. <i>(PPN/001ii)</i> <i>(2016/17 Result - 100% / 2017/18 Target 100%)</i>	✓	All high risk Food businesses that were programmed for inspections were inspected during 2017/18 - 100% .
To embed the population needs assessment into service planning at locality level. <i>(Action ID 12600)</i>	✓	The regional population assessment now complete and the intelligence gathered has allowed for each locality in Integrated Services to develop a locality plan which takes into consideration an evidence based approach to delivery of services. These plans have been developed, reviewed and implemented into practice at Locality level.
B - Physical Activity		
We will manage a Workplace Health & Well-being Co-ordinator & team of champions to effect change in physical & mental well-being activity levels of staff and adults on a sustainable basis for the department. <i>(Action ID 12601)</i>	✓	The Health and Wellbeing programme seeks to encourage and support employees to make positive lifestyle changes and take responsibility for their health, through provision of advice, support, events and activities. The programme is led by the Health and Wellbeing Co-ordinator, supported by a network of 'Health & Wellbeing Champions'. The Champions

Last Year's Commitments	✓ x	Progress Comment
		<p>are authority employees volunteering for this role in addition to their current duties throughout the organisation who provide support and advice to colleagues focusing on achievable programs and employee health and wellbeing interventions. To date a number of events have been held ranging from employee lung function tests to a Health and Wellbeing Fair focussed on informing and improving the health and wellbeing of the workforce. Targeted interventions have also been developed, Human Resources (HR) have undertaken a piece of work in relation to sickness absence statistics with a report detailing which departments are at highest risk. This has helped determine where targeted interventions are required, and by working with HR, Occupational Health and Health and Safety an appropriate program of intervention has been developed where required. We are currently looking to extend the post past the scheduled end date of March 2018 as well as taking on another part-time Coordinator post to assist with the continued roll out of the project. This will ensure that the Authority continues to provide a support mechanism for employees to focus on and improve their Health and Wellbeing which has the potential to reduce sickness levels and improve the productivity of employees whilst they are in work.</p>
<p>We shall develop plans for the new Llanelli Wellness Hub (Leisure Centre) as part of Wellness village and life sciences hub at Delta Lakes. <i>(Action ID 12602)</i></p>	✓	<p>A Well-being hub sub group was established and meet regularly to develop the project. The specification for new Well-being Hub (leisure Centre) has been refined and cross referenced with wider Health group to ensure alignment across 5 agreed life stages. Health Impact Assessment is to be co-ordinated by Public Health Wales for the wider project.</p> <p>We are awaiting outcome of partner procurement process to progress with detailed design and business planning.</p>
<p>We will review and implement an improved pathway of aquatics provision that enables participants to reach their full potential. <i>(Action ID 12494)</i></p>	x	<p>Phase1. All Aquatics posts have now been filled but final elements of recruitment are being completed. We will see significant improvements to our programmes through the introduction of this team of management and co-ordination.</p> <p>Phase 2 has been delayed due to this team not being in place sooner, however scoping works have been completed and meetings are underway with swimming clubs to explore the potential of unifying the aquatics pathway. This work will be a focus for the coming months with a finalised proposal to be brought forward by the end of August 2018.</p>
<p>We will implement the Cycling Strategy for Carmarthenshire that will focus on 5 key strategic themes. 1- Education, Development &</p>	✓	<p>The Cycling Strategy is working its way through democratic process for approval. Strategy governance steering group and sub-groups have</p>

Last Year's Commitments	✓ ✗	Progress Comment
Training; 2- Infrastructure and Facilities; 3- Marketing & Branding; 4-Tourism and 5 – Events. <i>(Action ID 12603)</i>		been established and meeting. The Velodrome project is complete. The Closed Circuit facility has been tendered and due to start on site in April for June 2018 completion. Events and communication plan is being refined to underpin strategy.
We shall increase the number of visits to leisure centres per 1,000 population <i>(PAM 017)</i> <i>(2016/17 Result - 8,289 /2017/18 Target - 8,996)</i>	✗	There have been 1,582,994 visits to our leisure centres during 2017/18, this is 8,522 per 1,000 population. This is a significantly increase of 2.8%, and also income. It is disappointing to be short of the ambitious target set but we have seen over 48,000 more attendances this year than last, resulting from facility improvements, membership increases in aquatics and fitness, etc. We are also providing a much better experience for our users, evident through them score us using 'Net Promoter Score' (a measure of customer satisfaction) with an increase from a score of 29% for 2016-17 to 44% for 2017-18. Some planned developments that would ideally have happened and affected attendance during 2017-18 (e.g. new spin studio and play centre in Carmarthen) have been delayed to 2018-19 that also affected our ability to meet targets set but these are due to be carried out shortly.
We shall increase the percentage of people referred to the National Exercise Referral scheme that attend the initial consultation of the programme <i>(3.4.2.6)</i> <i>(2016/17 Result 58.1% /2017/18 Target - 58.5%)</i>	✗	The 2017/18 result of 53.8% is off target and showing a decline. 2017-18 has been a year to work on strengthening the links with referral partners, with a focus on increasing the number of referrals. This has succeeded (increased from 1,235 to 1,510), but has resulted in greater focus being on delivery and less ability to visit partners and increase our effectiveness in the community. It has placed a service which has seen a standstill budget for 6 years under tremendous pressure, which has been compounded by three periods of lengthy absence to key staff members.
We shall increase the percentage of people referred to the National Exercise Referral scheme that complete the 16 week programme <i>(3.4.2.7)</i> <i>(2016/17 Result 50.2% /2017/18 Target - 50.5%)</i>	✗	305 referred clients completed the 16 week programme during 2017/18 this equates to 45.6% and a decline on last year. A combination of an increase in referrals (see above) and continued staffing issues has meant we have not met our target, but we hope to return to a full staffing compliment shortly.
C - Mental Health		
We will contribute to health led transformation programmes in mental health and redesign of services within learning disability. <i>(Action ID 12605)</i>	✓	There has been a public consultation and Member sessions during 2017 together with a workshop for all partners on the 30 th January 2018 where a project structure, priorities and work stream leads were agreed for the Transforming Mental Health Programme. This programme is led by Hywel Dda Unitary Health Board and Senior Officers from the three Local Authorities whom have recently approved to begin the implementation of the agreed

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		<p>model. The following sub- groups have been set up to drive and inform the implementation progress: Transport; Workforce and Cultural Change; Pathways, Access Design and Local Groups and Resources; and Estates, Infrastructure and IT. The aim is to have multi-sector, multi partnership membership for each of these groups to continue with the programmes commitment to co-production throughout the implementation.</p>
<p>We shall increase the number of library visits per 1,000 population <i>(PAM/016)</i> <i>(2016/17 Result 7,646 / 2017/18 Target - 7,684)</i></p>	✓	<p>There were 1,428,231 visits to our libraries during 2017/18, this is 7,689 per 1,000 population. The launch of 'Makerspace' at Ammanford Library (a collaborative work space for making, learning, exploring and sharing, that uses high tech tools and open to children, adults, and entrepreneurs) along with constant promotional marketing has resulted in an increase in school & young person's engagement. Through working partnerships with a multitude of organisations, regular and popular events have been held for adults and children within our libraries. Along with continued investment in popular book stocks, IT online resources for e-books, audio books, digital magazines/ comics and children literacy resources.</p>
D - Substance Misuse		
<p>We will ensure our specialist substance misuse team meets the needs of children and adult services by providing expert advice, support and direct input to front line teams. <i>(Action ID 12607)</i></p>	✓	<p>The re-location (to Ty Elwyn) of the Substance Misuse Team has improved joint working arrangements with the Youth Offending Service and Childrens' Teams. The team continue to work across social care teams and provide expert advice in relation to substance misuse issues, ensuring people affected by drug and alcohol misuse receive the support they require when they need it.</p>