So why is this important?
- Projections suggest an increase in trends for childhood obesity going forward with figures showing males between the ages of 2 – 15 being at greatest risk.
- The Play Sufficiency Assessment identified playing outside as the most popular setting for children but also found that 31% of parents often worry and sometimes find it difficult to let their child out to play. This was mostly concerned with road traffic.
- Assessment engagement activity with primary school children showed being physically active to be the second most important factor for positive well-being of children aged 6 – 11, after connections with family and friends.
- Living healthy lives allows children to fulfil their potential and meet education aspirations.
- Habits established early in life remain with people to allow them to play a full part in the economy and society of Carmarthenshire.

Why this should concern us?
- Carmarthenshire has the 9th highest (previously 3rd highest) levels of childhood obesity in Wales with 29.4% (560) of 4-5 year olds being overweight or obese, higher than the Welsh average of 27.1%
- Engagement with primary schools identified a strong link between physical activity and opportunities to play in outside spaces, and to feel safe in that environment.
- Mental health disorders in children and young people are equally as prevalent, with 1 in 10 children and young people aged five to sixteen suffering from a diagnosable mental health disorder. Between the ages of one to twelve, 1 in 15 young people deliberately self-harm.
  

What do we need to do?
- We need to work with partners to ensure children across Carmarthenshire: eat healthily, are physically active and maintain good mental health.
- We will address the Welsh Audit Office recommendations following their review of this Well-being Objective under the Well-being of Future Generations Act (Wales) 2015.
- We need to measure activity through schools.

How will we do this?
A. We will increase the range of physical activity opportunities available for children, and target those at higher risk of inactivity.
B. We will address mental health including reducing exposure to adverse childhood experiences.
C. We will promote eating healthy, including through school meals, the Healthy Schools scheme and the School Holiday Enrichment Programme.
D. We will increase awareness of healthy lifestyles through the Healthy Schools scheme.
E. We will continue to develop, promote and deliver the Flying Start Programme.
Key Measure of Success

**Childhood obesity (Child Measurement Programme NHS)**

Obesity in childhood often persists into adult life, leading to related health problems like type 2 diabetes, liver disease, higher rates of heart disease, and some cancers.

![Graph showing 4 or 5 year olds overweight/obese trend over the last 3 years]

<table>
<thead>
<tr>
<th></th>
<th>2014/15</th>
<th>2015/16</th>
<th>2016/17</th>
<th>2017/18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carmarthenshire</td>
<td>30.7</td>
<td>29.6</td>
<td>29.4</td>
<td>26.6</td>
</tr>
<tr>
<td>Wales</td>
<td>26.2</td>
<td>26.2</td>
<td>27.1</td>
<td>26.4</td>
</tr>
</tbody>
</table>

Source: Public Health Wales

An example of what we are doing

There is enormous potential for swimming and aquatic activity to have a significant impact on the health and wellbeing of our population due to the relative easy access to facilities and the accessibility across a whole lifetime. You’ll see how we have built and displayed our comprehensive pathway above — aiming to provide opportunities across the life course, e.g. by recently expanding our children’s structured programme to younger age groups through a 6-stage ‘Splash’ scheme and diversifying the options far beyond swimming, including specific links with gymnastics/trampolining and diving.

Lead Executive Board Member
Cllr Glynog Davies

View our detailed delivery plan against this objective