

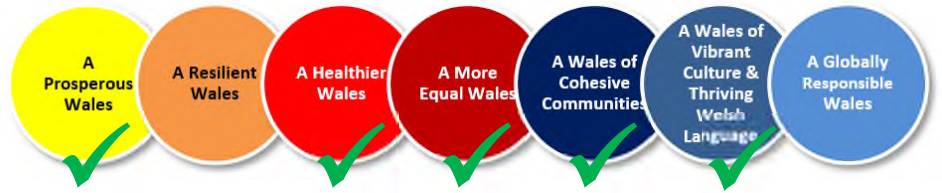


## Well-being Objective 8

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

#### So why is this important?

- Our way of life is changing, people are living longer with a higher quality of life.
- The challenge is to prevent ill health.
- Living healthy lives allows people to fulfil their potential, meet educational aspirations and play a full part in the economy and society of Carmarthenshire.
- Many of the preventive services and interventions required to maintain health, independence and well-being lie outside health and social care.
- Playing a part in providing accessible, inclusive, exciting, sustainable services, which promote and facilitate learning, culture, heritage, information, well-being and leisure.



#### Why this should concern us?

- There is a significant gap in life expectancy and a healthy life expectancy. In Carmarthenshire:-
  - Life expectancy for males is 78.0 years (2015-17) compared to a healthy life expectancy of 65 years (2010-14)
  - Life expectancy for females is 82.2 years (2015-17) compared to a healthy life expectancy of 66 years (2010-14)
  - Healthy life expectancy of both males and females are below the Welsh average of 65.3 and 66.7 years.
- 18.6% of adults are still smoking in Carmarthenshire and 57.8% of adults are overweight or obese (Welsh Average of 59.5%) National Survey for Wales 2016/17 & 2017/18

#### What do we need to do?

- We need to work with partners to ensure people across Carmarthenshire:
  - Eat and breathe healthily
  - Are physically active; and
  - Maintain good mental health.
- We need to remove inequalities around opportunities for people to address these 3 key areas

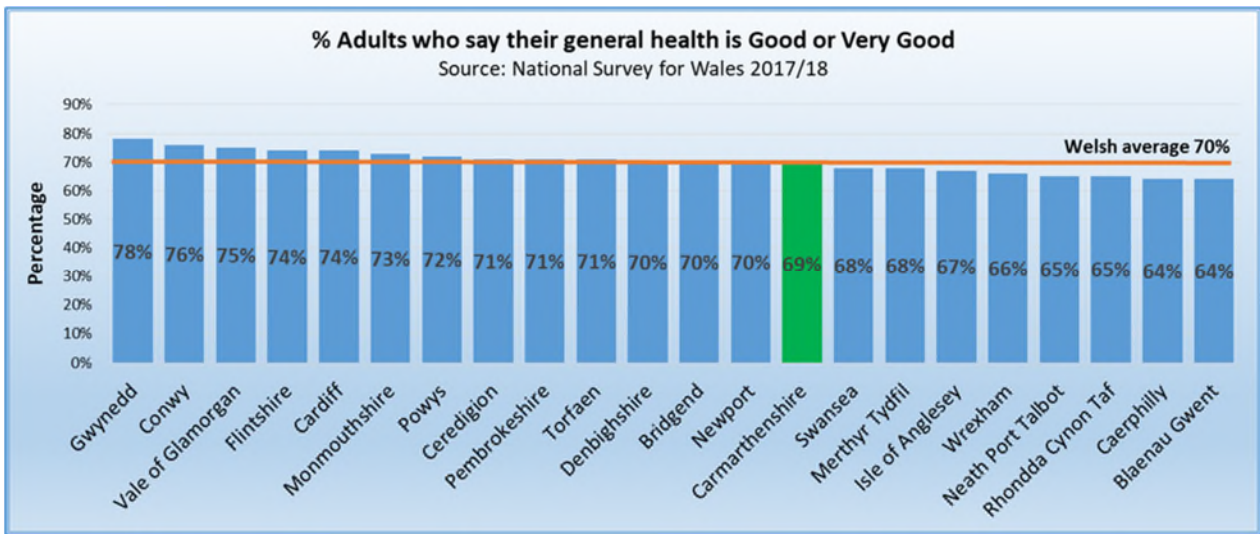
#### How will we do this?

- A. Eat and breathe healthily:** We will provide healthy vending and food options as part of their catering provision at our Leisure facilities and continue to ensure that our outdoor recreation facilities i.e. Country Parks, rights of way networks remain well maintained and can be accessed safely and enjoyed by everyone.
- B. Physical Activity:** We will continue investment in the new state of the art Wellness Village in Llanelli; Work in partnership with schools and the voluntary and health sectors to get “more people more active more often”; and, Enable employers to support the health and well-being of their workforce through Workplace Health initiatives.
- C. Mental Health:** We will continue to work with health and third sector partners to transform mental health services and improve access to information, advice, preventive and crisis services in Carmarthenshire. We will aim for people to experience the positive health benefits of taking inspiration from museum collections to promote creativity, mindfulness and self-confidence and imbed the New Mobile Library Fleet to improve information, digital and health literacy across the county.

## Key Measure of Success

### Adults who say their general health is Good or Very Good (National Survey for Wales)

The 2017/18 [National Survey for Wales](#) shows that **69%** of participating adults in Carmarthenshire say their **general health is Good or Very Good**. This is slightly below the Welsh average and down on last year's result of 70% but continues to be 14<sup>th</sup> highest in Wales.



## An example of what we are doing

### Encouraging Healthy Lifestyles

The objective in Leisure Services is to help people live healthy lifestyles and be more active more often is a mainstay in promoting and ensuring a healthier community in Carmarthenshire with all actions aimed at achieving this goal.

We want Carmarthenshire to be a place:

- ✓ That is the most active and healthy in the UK
- ✓ Where every person is an active participant at a 'Community Club' or 'Leisure / Cultural Facility'
- ✓ Where every child is hooked on Leisure / Cultural activity for life

Let us help  
you achieve  
**#thatsmygoal**



Lead Executive Board  
Member  
Cllr Peter Hughes-Griffiths



View our **detailed delivery plan**  
against this objective