



Well-being Objective 2 Start Well - Help children live healthy lifestyles

Obesity in children in Carmarthenshire is reducing

The obesity rate in Carmarthenshire is at its lowest point for four years. This remains a long term invest to save objective ensuring the long-term health of children.

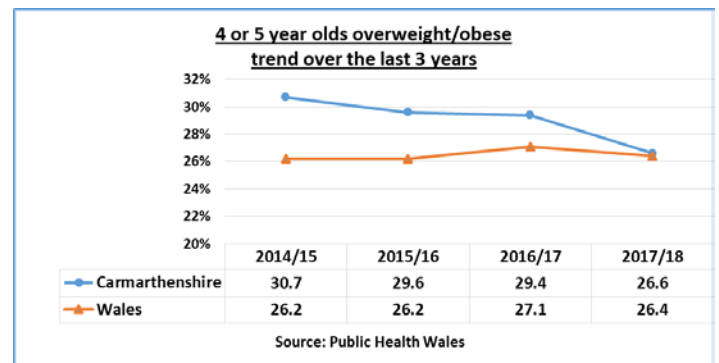
Why it is important

- The Play Sufficiency Assessment identified playing outside as the most popular setting for children but also found that 32% of parents worried about their child's safety.
- Assessment engagement activity with primary school children showed being physically active to be the second most important factor for the positive well-being of children.
- 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.

Success Measure

26.6% of children are overweight or obese

(An improvement on the previous year)

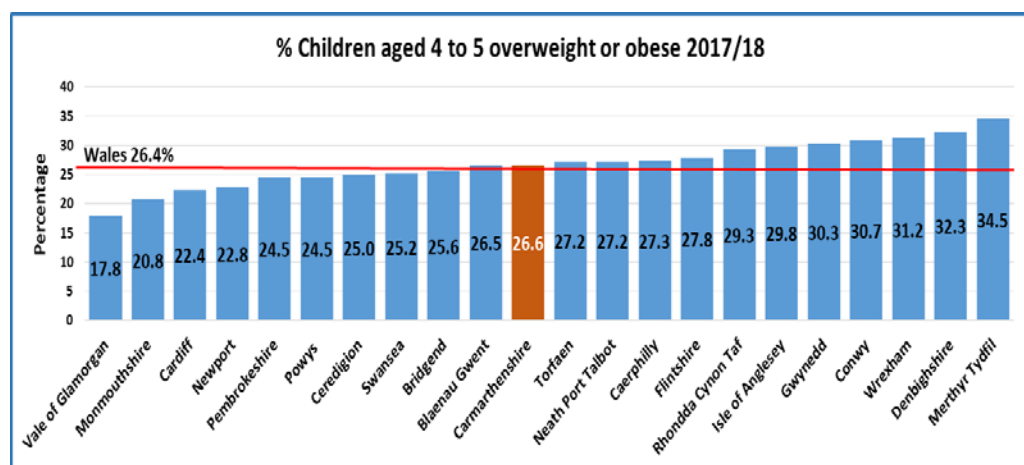


Explaining the Results

The most recent Child Measurement Programme for Wales data is for 2017/18 published in May 2019. Due to COVID-19 implications we are not sure when the 2018/19 data will be published by Public Health Wales.

The programme of child measurements is carried out with children attending reception class in schools in Wales. In 2017/18, 93.2% of eligible children participated in the programme in Carmarthenshire, with 94.1% in Wales.

- There has been a downward trend in the % of overweight or obese children aged 4 to 5 in Carmarthenshire over the last 4 years. From **30.7%** in 2014/15 to **26.6%** in 2017/18 and moved from 3rd highest to **11th highest in Wales**. The gap between us and the Welsh average has closed and currently just above the figure of 26.6%.



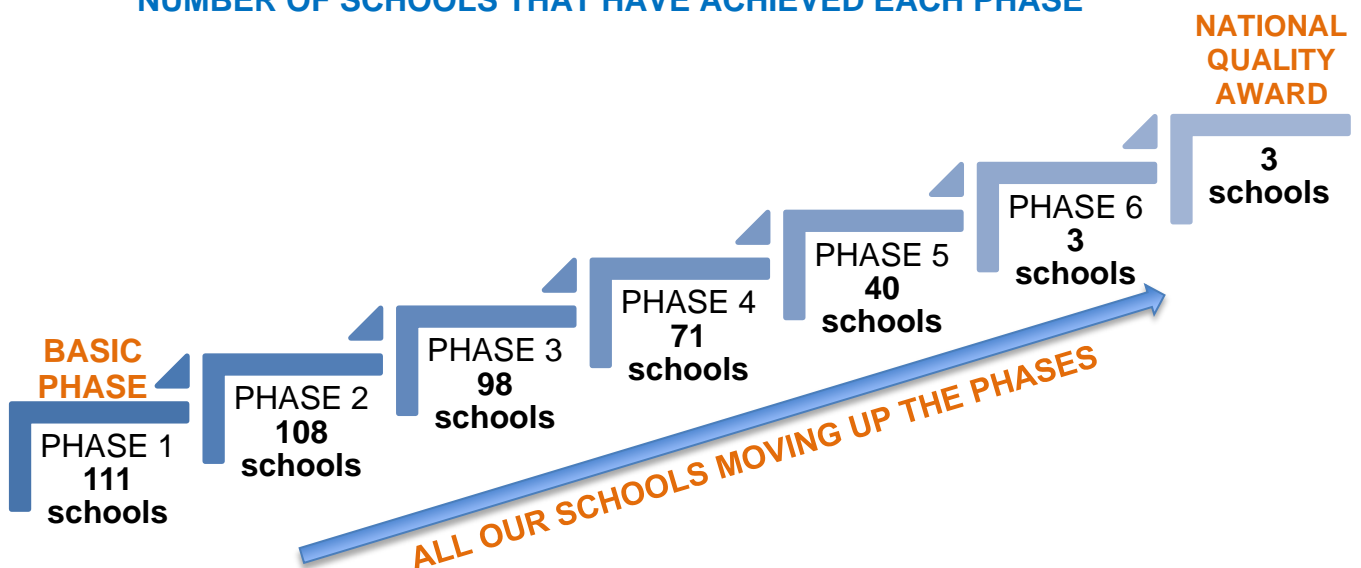
- The proportion of children who are **obese** has reduced slightly from 14% in 2016/17 to **13%** in 2017/18.
- Obesity in childhood often persists into adult life, leading to related health problems like type 2 diabetes, liver disease, higher rates of heart disease, and some cancers.

Progress Made

Increasing Physical Activity:

- ⦿ We have 86 settings in the community (cylchoedd Meithrin, libraries, etc) delivering *Actif Storytime* (a sector-leading activity initiative that gets children active through storytelling)
- ⦿ Our *Actif Passports* for children have also been hailed as such an effective model that Sport Wales have invested in a National Partnership with us, together with Welsh Triathlon and physical literacy consultants from Cardiff Metropolitan University to create a triathlon passport to be rolled out across the whole of Wales. The Carmarthenshire-based development has led to 30 schools, 37 of their staff and over 1,000 pupils being exposed to fun and progressive triathlon activity during the year.
- ⦿ Number of *attendances at Sporting Opportunities* facilitated by Sport & Leisure Officers was just over 205,000 attendances. This was less than the previous year's attendances (230,000) in the main due to Storm Dennis and the cancellation of significant big events in March due to COVID-19.
- ⦿ The [Healthy Schools' Scheme](#) is now in its 16th year with all our schools now on board the scheme. 36% of schools have *achieved Phase 5 of the Healthy Schools' initiative* and 3 schools (Ysgol Feithrin Rhydaman, Peniel and Nantgaredig) have achieved the *National Quality Award*).

NUMBER OF SCHOOLS THAT HAVE ACHIEVED EACH PHASE



- ⦿ Nearly 26,000 young people (0-16) have accessed *free swim sessions*, an increase from 20,000 the previous year.

Mental Health:

- ⦿ Courses for Teachers on Well-being / pastoral issues at their school were well attended with 36 teachers attended a 1-day *Mental Health Awareness Course* and 25 teachers attended a 2-day *Youth Mental Health First Aid Training Course* leading on.
- ⦿ Educational Resources regarding Anti-Bullying were placed on the Healthy Schools Network on Hwb, reminding schools of the *National Anti-Bullying Campaign* which was held in November - *'The Change Starts with Us'*. Schools were also introduced to the child friendly *'Self Care'* apps that can be downloaded onto mobile phones which can support young people with Mental Health issues.

Healthy Eating:

- ⦿ 95% of children looked after were *registered with a GP* within 10 working days of the start of their placement. We continue to perform well and above the All Wales 18/19 figure of 90.6%
- ⦿ We have continued to ensure that schools are abiding by the *Healthy Eating in Schools Regulations* during cluster meetings, school visits and assessments

HARRI a HETI

A story by Carmarthenshire children, for children, on the effects of eating too much sugar.

The Library and Education Service got together to hold a competition to write a story or poem on the long-term implications of eating too much sugar.

The aim was to contribute to the early intervention and prevention of the incidence of obesity in children since this is a problem in Wales.

The involvement of the children was a key objective and a book was published, solely written

and designed by the children from schools throughout Carmarthenshire.

All libraries and schools throughout Carmarthenshire will be presented with the book to promote it.

'Growing in the Outdoors'

This project extends on the *innovative practice of a group of 33 schools* in Carmarthenshire who worked alongside each other last year to creatively develop learning opportunities for pupils that embraced elements of the four core purposes of our new curriculum. The emphasis was on the health and well-being of pupils and staff last year as well as their creative and literacy skills, working alongside NAWR and utilising the outdoors as much as possible. A host of local artists, poets, authors and outdoor practitioners will assist in ensuring that our schools are well supported in using their locality as part of the pupils learning experiences.



Executive Board Member For Education & Children
Cllr Glynog Davies