

Cardiff and Vale of Glamorgan Move More, Eat Well Plan 2020-2023



#movemoreeatwell



Foreword

We all need to move more and to eat well to stay fit and healthy and to enjoy life. Across Cardiff and the Vale of Glamorgan Public Services Boards and Regional Partnership Board we have pledged to work together to ensure that our population will be healthier by moving more and eating well.

We will work across our departments and organisations which include: local authority planning, transport, and education; Cardiff and Vale University Health Board; Natural Resources Wales; South Wales Police; the third sector; the university/college sector, the wider public and private sector in order to achieve this aim.



We are better together, and we can all do our bit as individuals, within our communities and the places that we live and work to make a difference. There is also a need to create healthy and sustainable food and physical activity environments, to encourage our communities to make the healthy choice.

Through engagement we have jointly created 10 priority areas for Cardiff and the Vale of Glamorgan, through which we will see this change over the next three years, and beyond.

You can be a part of this, by pledging to move more and eat well for yourself, your family, friends and community. Pledge at: #movemoreeatwell. Let's do this together!



Cllr Huw Thomas
Chair of Cardiff Public Services Board
Leader of Cardiff Council



Cllr Neil Moore
Chair of Vale of Glamorgan Public Services Board and Leader of Vale of Glamorgan Council



Cllr Susan Elsmore
Chair of Cardiff and Vale of Glamorgan Regional Partnership Board and Cabinet Member for Social Care, Health & Wellbeing, Cardiff Council

Our Vision

Our vision is that **people in Cardiff and the Vale of Glamorgan will move more and eat well.**

We want everyone to take part and to pledge to do something differently. Action needs to take place by us all, as individuals and then as public and private sector organisations to make this happen. Through collaboration, we can all make a difference.



Fiona Kinghorn
Executive Director of Public Health
Cardiff and Vale University Health Board



Our Partnerships

We are working together in partnership to achieve the vision for this Move More, Eat Well Plan. We believe that everyone has a part to play.

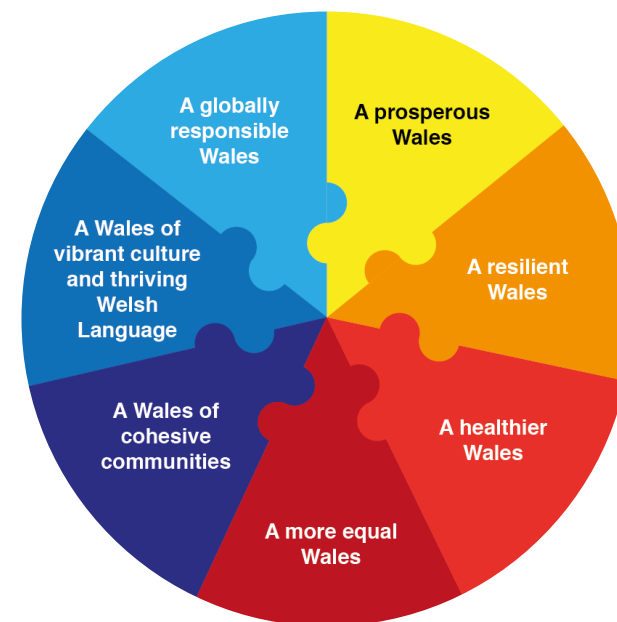
This Plan has been developed by the Vale of Glamorgan Public Services Board (PSB), Cardiff Public Services Board (PSB) and the Regional Partnership Board (RPB) (Cardiff and the Vale). The Plan will contribute to the delivery of a number of priorities agreed by all three partnership boards as detailed in the [Area Plan](#) and both the [Cardiff](#) and the [Vale of Glamorgan](#) Well-being Plans.

This Plan provides a regional response to how we can encourage people to be more active and to have a healthier diet. Across the three partnerships, there are a number of priorities that this Plan will contribute to including giving children a better start in life, recognising the contribution the environment makes to our physical and mental well-being and tackling inequalities.

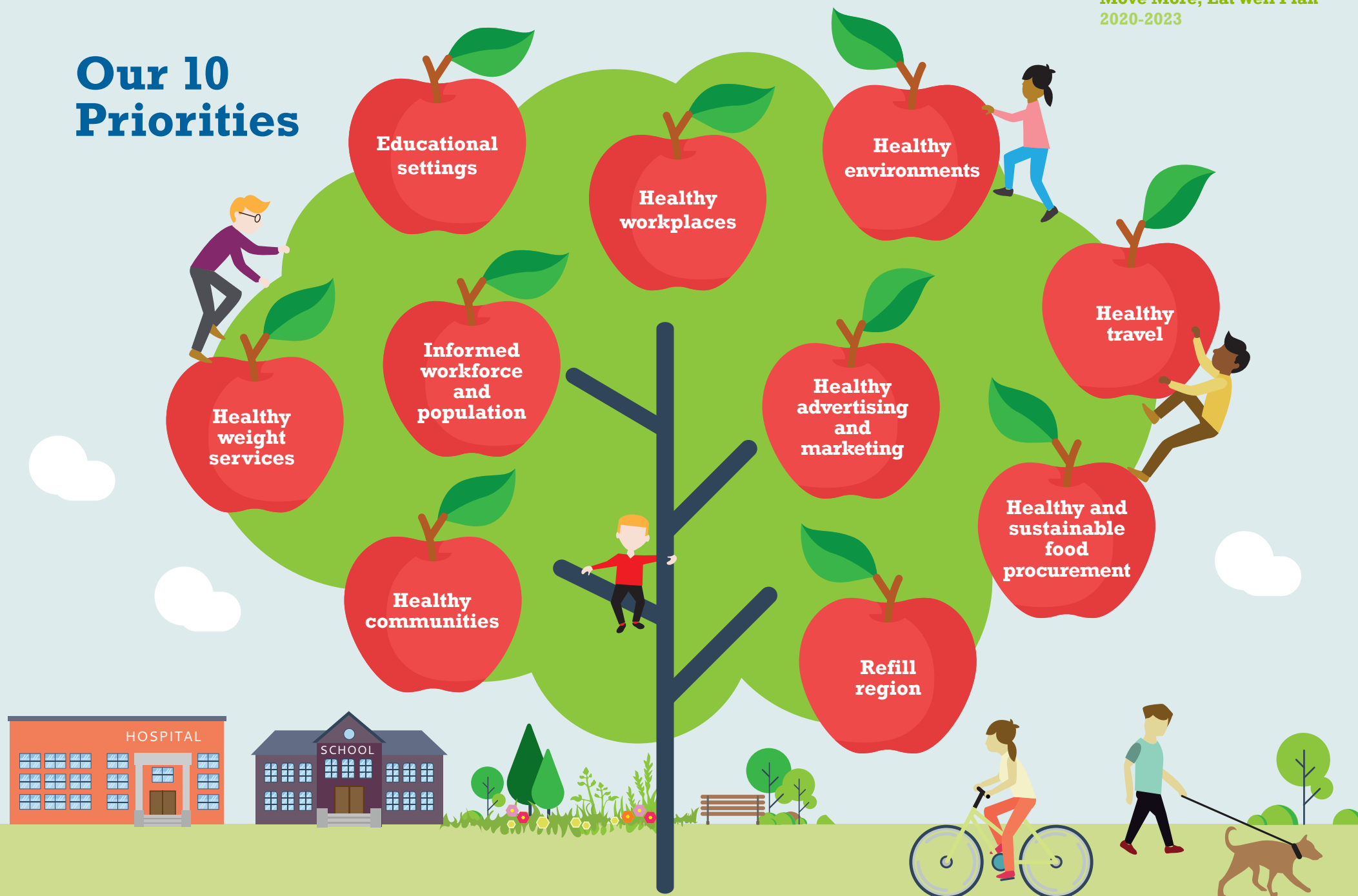
In delivering the priorities in this Plan we will contribute to all of the national Well-being Goals as detailed in the Well-being of Future Generations Act.

Preventative action is a significant element of the work undertaken by the RPB and the two PSBs and this Plan will be a key element of that activity and provides a real opportunity for a more collaborative and integrated approach across the region.

The priorities detailed in this Plan are relevant to people of all ages. This Plan highlights the role that different partner organisations can play to make it easier for people to move more and eat well. By working in partnership we can encourage people to make healthier travel choices – to walk and cycle more, we can encourage people and organisations to buy food from local producers and we can work to increase levels of healthy weight.



Our 10 Priorities



What have we already achieved?

Every year, reception year school children are weighed and measured as a part of the national child measurement programme. During 2017/18, 77.4 per cent of these children (aged 4 to 5) were a healthy weight, the best in Wales.

We are not starting this programme of work from scratch, as much is already underway. In Cardiff, the Planning for Health Supplementary Planning Guidance has already been adopted, and is ensuring that the environments where we live and work are healthy within the Cardiff area.



We launched a Healthy Travel Charter in Cardiff in April and in Vale of Glamorgan in October 2019. This means employers will be supporting their staff to use healthy travel to and from work. Charters for the business and third sector are also being developed.

In both of our major hospitals, we sell at least 75% of food which is healthy for our staff and visitors.

There are also outdoor gyms on both sites.



Making Every Contact Count training has been delivered to over 2,200 people across Cardiff and the Vale of Glamorgan.

Both Cardiff and the Vale of Glamorgan are early adopters of the Hands Up school travel survey. Many schools also participate in the Daily Mile or similar.

During the school Summer holidays, the School Holiday Enrichment Programme runs in Cardiff and Vale of Glamorgan, and ensures that children receive nutritious food and physical activity during this period.

These are just examples of some of the work already underway. However, we still have much to do.



Our engagement process

We have engaged many people on this Move More, Eat Well Plan, but this is just the start.

On the 12 and 13 March 2019 we held two engagement events in Cardiff and the Vale of Glamorgan respectively. There were over 120 people in attendance over the 2 days. During the events we asked people what they could do, what others could do, and what we could do together to move more and to eat well.

We held a joint Cardiff and Vale of Glamorgan Public Services Board workshop on 22 May 2019, with a view to prioritising our actions together. We created 10 priority areas which we will deliver over time.


We have engaged with many organisations on the actions of this plan and what matters to them. We commit to meaningful engagement with people through the life of this plan, and we will develop a communications and engagement plan for this purpose.




What will we do together?

Overarching outcomes – aiming for continuous improvement:


- Percentage of children aged 4/5 years who are a healthy weight
- Percentage of adults who are a healthy weight
- Percentage of adults who eat five a day (fruit and vegetables)
- Percentage of adults who are active for at least 150 minutes a week

PRIORITY AREA	PRIORITY PLEDGE	PRIORITY ACTION AREAS	MEASURING SUCCESS	PARTNERS
	We will systematically improve the food and physical activity offer in educational settings	1.1 Improve whole school approach to healthy food throughout the school day	Percentage of schools with a Whole School Food and Fitness Policy	Cardiff and Vale of Glamorgan local authorities (specific departments including: Education; Leisure; Play teams/services; Transport) Cardiff and Vale Public Health Team Cardiff Third Sector Council (C3SC) Dietetics Food & Fun Steering Groups Food Cardiff Partnership Food Vale Partnership Glamorgan Voluntary Service (GVS) Healthy and Sustainable Pre-schools Schemes Healthy Living and Performance Team (Vale of Glamorgan Council) Healthy Schools Teams Natural Resources Wales (NRW) Pre-schools School nurses Schools Sport Cardiff Wider educational settings
		1.2 Ensure all pre-school settings are implementing the Welsh Government 'Food and Nutrition in Childcare Settings' Guidance	Number of pre-school settings implementing the Guidance	
		1.3 Ensure school lunch breaks are of a minimum of 45 minutes	Percentage of schools with minimum recommended lunchbreak of 45 minutes	
		1.4 Increase physical activity in all educational settings during curriculum time through outdoor learning, play, sport, or initiatives such as Daily Mile or suitable alternative	Percentage of schools ensuring 2 hours of physical activity during the curriculum each week Number of pre-school settings to have at least 1 session of outdoor play (or suitable indoor alternative) per half day'	
		1.5 Ensure schools have Active Travel to School plans	Percentage of schools with Active Travel to School Plans	
		1.6 Increase food and physical activity opportunities out of hours across educational settings	Percentage of schools delivering Food and Fun in Cardiff and the Vale. Percentage of children taking part in extracurricular physical activity in school	



What will we do together?

PRIORITY AREA	PRIORITY PLEDGE	PRIORITY ACTION AREAS	MEASURING SUCCESS	PARTNERS
	We will ensure that planning will create healthy environments	2.1 Planning policy ensures that healthy environments are available on major new developments	Percentage of major developments in the Vale are accompanied by a wellbeing statement (as per the Planning for Health Supplementary Planning Guidance) and incorporate measures that promote active and healthy environments Percentage of major new developments in Cardiff offer healthy environments	Cardiff and Vale of Glamorgan local authorities (specific departments including: Planning; Licensing; Education) Cardiff and Vale Public Health Team Cardiff and Vale UHB Cardiff Third Sector Council (C3SC) Food Cardiff Partnership Food Vale Partnership Glamorgan Voluntary Services (GVS) Natural Resources Wales (NRW)
		2.2 Current and future developments design in accessible blue and green space and formal places for outdoor play and recreation	Percentage of current and future developments which design in blue and green space and formal places for outdoor play and recreation	
		2.3 Ensure the design of educational settings enable people to be healthy and active	Percentage of 21st Century schools incorporating healthy and active opportunities in their design	
		2.4 Restrict permissions on hot food take-aways	Planning guidance developed for Cardiff and the Vale around hot food takeaways	
		2.5 Use traffic regulation orders to create supportive and safe environments	Number of streets operating street play schemes	

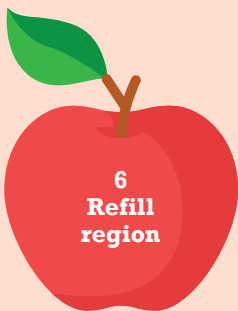

What will we do together?

PRIORITY AREA	PRIORITY PLEDGE	PRIORITY ACTION AREAS	MEASURING SUCCESS	PARTNERS
	We will create an environment and culture which supports healthy travel	3.1 Develop and implement Healthy Travel Charters across public, private and third sectors	Number of organisations signed up to relevant charters Number of commitments being implemented for relevant charters in each year	Cardiff and Vale of Glamorgan local authorities (specific departments including: Planning; Transport) Cardiff Third Sector Council (C3SC) Glamorgan Voluntary Services (GVS) Private sector businesses PSB organisations
		3.2 Implement and expand public cycle hire schemes, including e-bikes	Number of cycle hire stations across Cardiff and Vale Number of people using public cycle hire schemes	
		3.3 Further develop and maintain cycling and walking infrastructure and cycling parking	Number of new cycleways opened	
		3.4 Develop an integrated public transport system	Completion and implementation of Clean Air Plan	



What will we do together?

PRIORITY AREA	PRIORITY PLEDGE	PRIORITY ACTION AREAS	MEASURING SUCCESS	PARTNERS
	We will champion the food and physical activity offer in workplaces	4.1 All PSB organisations' staff restaurants/canteens sign up to healthy food standards	Number of PSB organisations implementing healthy food standards	Cardiff and Vale of Glamorgan local authorities, specifically the Transport departments Cardiff and Vale Public Health Team Cardiff Third Sector Council (C3SC) Food Cardiff Partnership Food Vale Partnership Glamorgan Voluntary Services (GVS) Nutrition and Dietetics Department of Cardiff and Vale UHB PSB organisations
		4.2 All PSB organisations have walking and cycling routes available to/from sites and active travel plans	Number of PSB organisations with walking and cycling routes available to/from sites and active travel plans	
		4.3 All PSB organisations are participating in healthy workplace principles	Number of PSB organisations committed to healthy workplace principles	
	We will ensure that advertising and marketing is healthy	5.1 Develop and implement a public sector policy to restrict junk food advertising across Cardiff and the Vale	Percentage decrease in junk food advertising	Cardiff and Vale of Glamorgan local authorities (specific departments including: Adult Community Learning Teams; Planning; Licencing) Cardiff Third Sector Council (C3SC) Digital Communities Wales Food Cardiff Partnership Food Vale Partnership Glamorgan Voluntary Services (GVS) PSB organisations
		5.2 Promote healthy foods in marketing campaigns	Number of healthy food marketing campaigns delivered	
		5.3 Promote use of technology so people move more	Number of projects using technology to increase physical activity levels Number of participants	


What will we do together?

PRIORITY AREA	PRIORITY PLEDGE	PRIORITY ACTION AREAS	MEASURING SUCCESS	PARTNERS
	We will create a water refill region to promote healthy hydration	6.1 Increase number of public refill water stations	Number of public refill water stations	Cardiff Third Sector Council (C3SC) Glamorgan Voluntary Services (GVS) Nutrition and Dietetics Department of Cardiff and Vale UHB Pre-schools PSB organisations Public and private sector workplaces Schools Wider educational settings
		6.2 Ensure water is freely available in pre-schools; schools; workplaces and public sector organisations	Number of refill stations in public sector organisations Number of organisations using Refill Toolkit	
	We will create an informed workforce and population	7.1 Deliver Nutrition Skills for Life™ in areas of high need e.g. Get Cooking courses	Number of learners accessing training	Cardiff and Vale UHB Cardiff Third Sector Council (C3SC) Glamorgan Voluntary Services (GVS) Healthy Living and Performance Team (Vale of Glamorgan Council) Natural Resources Wales (NRW) Nutrition and Dietetics Department of Cardiff and Vale UHB Sport Cardiff
		7.2 Increase physical activity training opportunities for community members	Number of learners accessing training	
		7.3 Enhance the roll out of Making Every Contact Count e-learning	Number of learners completing Making Every Contact Count (MECC) e-learning	
		7.4 Create Train the Trainer approach for Making Every Contact Count	Number of MECC trainers trained	

What will we do together?

PRIORITY AREA	PRIORITY PLEDGE	PRIORITY ACTION AREAS	MEASURING SUCCESS	PARTNERS
	We will create healthy and sustainable food procurement systems	8.1 Embed principles of healthy food procurement across public sector bodies	Number of public sector organisations with healthy and sustainable food procurement policies or equivalent standards.	Cardiff and Vale of Glamorgan local authorities Cardiff and Vale UHB Cardiff Third Sector Council (C3SC) Food Cardiff Food Vale Glamorgan Voluntary Services (GVS) Public sector Procurement departments
		8.2 Link with Corporate Health Standard Award to support all employers to incorporate healthy food procurement	Number of employers supported	
	We will support communities to be healthier	9.1 Launch Food for Life Get Togethers	Number of Food for life Get Togethers	Cardiff and Vale of Glamorgan local authorities (specific departments including: Leisure; Play teams/ services; Transport) Cardiff and Vale UHB Cardiff Third Sector Council (C3SC) Food Cardiff Partnership Food Vale Partnership Foodsense Wales Glamorgan Voluntary Services (GVS) Healthy Living and Performance Team (Vale of Glamorgan Council) Nutrition and Dietetics Department of Cardiff and Vale UHB Sport Cardiff
		9.2 Roll out Food-related benefits training	Number trainers trained Percentage uptake of food related benefits	
		9.3 Increase physical activity in older people in communities with highest need	Number of participants engaging in physical activity projects	
		9.4 Support communities with highest need to take more physical activity and to eat well	Number of participants engaging from communities with highest need	

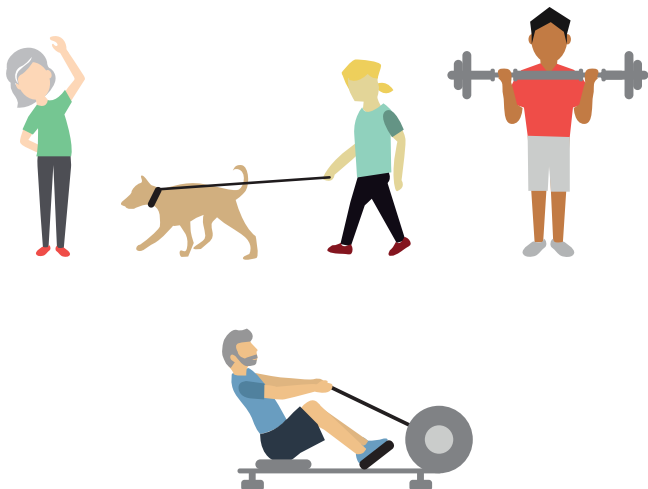
What will we do together?

PRIORITY AREA	PRIORITY PLEDGE	PRIORITY ACTION AREAS	MEASURING SUCCESS	PARTNERS
	We will support people to become a healthy weight	10.1 Implement universal coverage of social prescribing for food and physical activity	Percentage of GP practices providing food and physical activity on prescription Number of food and/or physical programmes running	Cardiff and Vale UHB (specifically: Psychology services, Mental health services; Nutrition and Dietetics Department) Primary Care Glamorgan Voluntary Services (GVS) Cardiff Third Sector Council (C3SC)
		10.2 Implement a complete referral pathway for children and adults who are overweight/obese	Complete referral pathway in place	
		10.3 Deliver a programme in primary care to support people with pre-diabetes to improve their health	Number people identified with pre diabetes offered an intervention Number attending intervention	

What can each of us do every week?

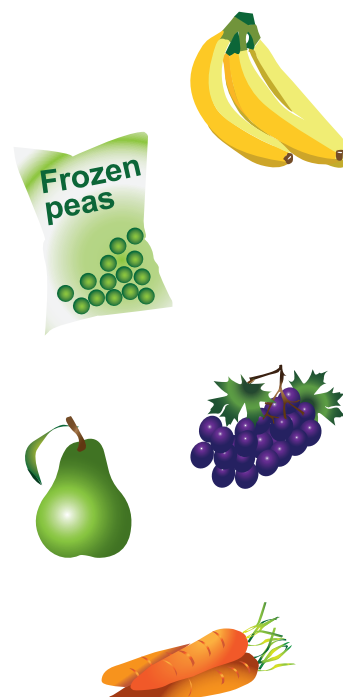
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Do 150 minutes of moderate to vigorous exercise per week. Some is good, more is better. Every minute counts.



2

Find ways to eat 5 or more fruit and vegetables a day



3

Use healthy travel to and from work/school/leisure activities





#movemoreeatwell

For further information contact the Cardiff and Vale Public Health Team

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