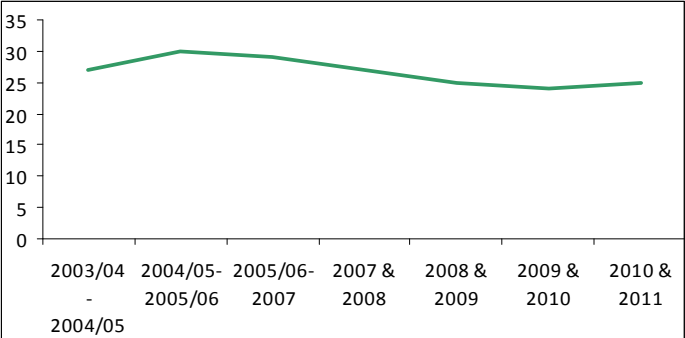
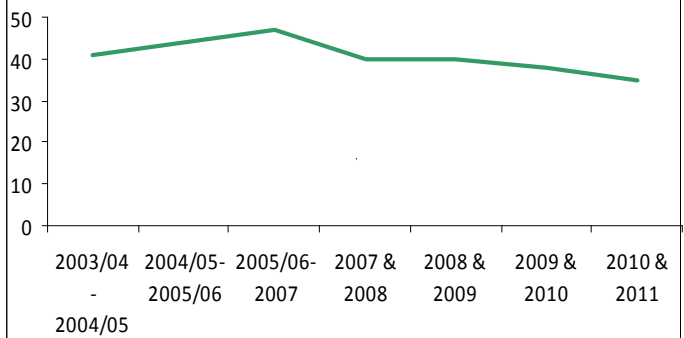


Programme Highlight Report

Programme Details:				Programme Status Dashboard		
Programme Name:	Healthy Living	Programme ID:	ID: HL	Previous	CURRENT	Future
				<input type="checkbox"/> Red	<input type="checkbox"/> Red	<input type="checkbox"/> Red
				<input type="checkbox"/> Red/Amber	<input type="checkbox"/> Red/Amber	<input type="checkbox"/> Red/Amber
				<input checked="" type="checkbox"/> Amber/Green	<input checked="" type="checkbox"/> Amber/Green	<input checked="" type="checkbox"/> Amber/Green
				<input type="checkbox"/> Green	<input type="checkbox"/> Green	<input type="checkbox"/> Green
Senior Responsible Officer:	Dr Sharon Hopkins, Executive Director of Public Health					
This reporting period:	Jan-Mar 2013	Next Period:	April-June 2013			

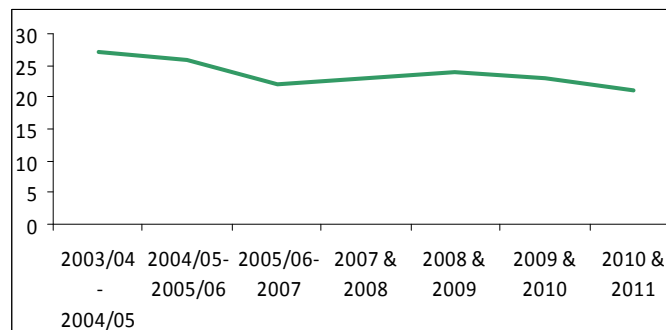
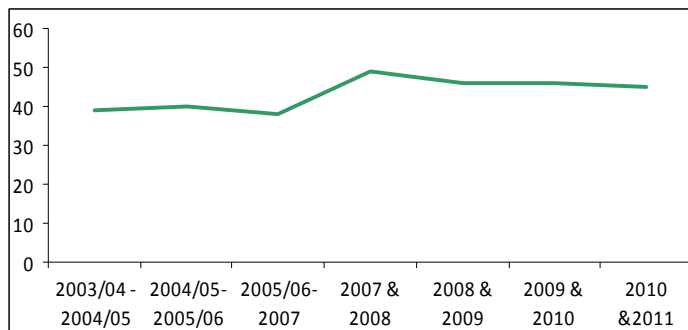
Overview of Workstreams:			
ID	Neighbourhood Areas within this Programme:	Neighbourhood SRO	Current RAG status
HL:SM	Substance Misuse	Conrad Eydmann	
HL:HLS	Healthy Lifestyles	Susan Toner	

Programme and Key Workstream Indicators :	
Work stream SRO to agree with the leads of each work stream activity which issues need to be escalated to the attention of the programme lead. This will be done where negative trends are evidenced or a number of red/red amber RAG status are being identified throughout the work stream activities.	
Workstream: Increase physical activity	Workstream: Promote nutrition and healthy eating
<p>Adults who reported meeting physical activity guidelines in the past week, Cardiff and Wales, age standardised, 2003/04 - 2011</p>  <p style="font-size: x-small;"> 2003/04 - 2004/05: 28% 2004/05-2005/06: 30% 2005/06-2007: 29% 2007 & 2008: 26% 2008 & 2009: 25% 2009 & 2010: 24% 2010 & 2011: 25% </p> <p><i>Source: Welsh Health Survey, 2011</i></p>	<p>Adults who reported eating five or more portions of fruit and vegetables the previous day, Cardiff and Wales, age standardised, 2003/04 – 2011</p>  <p style="font-size: x-small;"> 2003/04 - 2004/05: 40% 2004/05-2005/06: 45% 2005/06-2007: 48% 2007 & 2008: 40% 2008 & 2009: 40% 2009 & 2010: 38% 2010 & 2011: 35% </p> <p><i>Source: Welsh Health Survey, 2011</i></p>
Story and context for current trend	Story and context for current trend
<p>Rates of participation in physical activity are reported annually in the Welsh Health Survey. Rates illustrate low levels of physical activity (30 mins x5 per week) undertaken by adults - 25% in 2008/9, 24% in 2009/10 and 25% in 2010/11 (the rates for Wales were 29%, 30% and 30% respectively)</p>	<p>Rates of fruit and vegetable consumption are reported annually in the Welsh Health Survey. Rates illustrate a decline in the population reporting consumption of 5 fruit & vegetables per day - 40% in 2008/9, 38% in 2009/10 and 35% in 2010/11, (the rates for Wales were 36%, 35% and 34% respectively)</p>

Workstream: Reduce damaging alcohol consumption	Workstream: Reduce Smoking
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Adults whose average alcohol consumption was above the recommended guidelines, Cardiff and Wales, age standardised, 2003/04 – 2011

Adults who reported being a current smoker by local authority, age standardised, 2003/04 – 2011



Source: Welsh Health Survey, 2011

Source: Welsh Health Survey, 2011

Story and context for current trend	Story and context for current trend
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Rates of alcohol consumption above the guidelines on at least 1 day in the past week are reported annually in the Welsh Health Survey. Rates illustrate a slight decline from 46% in 2008/09 and 2009/10 to 45% in 2010/11 (the rates for Wales are 45%, 44% & 44% respectively)

Smoking rates are available annually from the Welsh Health Survey. Rates illustrate a decrease in smoking for adults from 24% in 2008/9 to 23% in 2009/10 and 21% in 2010/11 (the rates for Wales were 24%, 24% and 23% respectively). The rates do not illustrate the level of smoking in low income communities or in specific groups.

In 2010/11 the UHB rate for alcohol attributable admissions was 1649.13 per 100,000 population, similar to the Wales rate. This is continuing a downward trend since 2009, but still represents a marked increase from relatively low levels both locally across Cardiff and the Vale and nationally in Wales in 2002/03.

Milestones Achieved	Milestones Not Achieved
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ID	Milestones Achieved in this reporting period	ID	Milestones Not achieved (including those with Red or Red Amber Status)	Comment
HL.HLS.1	Review of Creating an Active Cardiff Plan (physical activity plan) completed. Actions implemented included:- <ul style="list-style-type: none"> - Olympic Legacy Programme (Road to Rio) - Walkable Neighbourhoods Plan - Bump into Action. 2180 pregnant women attended this partnership programme in 2012/13 	HL.HLS.1		Cardiff Walking Festival planned for 4-12 th May 2013. 40 led walks and an open event in Bute Park on May 4 th planned
HL.HLS.1	Task & Finish Action Plan working with the National Exercise Referral Scheme agreed			
HL.HLS.2	Food Council plan implemented, including <ul style="list-style-type: none"> - Good Food assets mapped across Cardiff. - Food Poverty report provided for Cardiff Welfare 		.	

	<p>Reform Group.</p> <ul style="list-style-type: none"> - 9,666 people accessed fruit and vegetable co-ops in Cardiff and Vale between April-Nov 2012. New fruit and vegetable co-op established in St Mellons. 			
HL.HLS.2	Agreement secured ensuring good food/Change4life presence at Harbour/Extreme Sailing Festival and the Food and Drink festival. Change4life campaign to be promoted at Cardiff Council catering outlets.			
HL.HLS.2	Introduction of a cashless system for payment of school meals included within budget proposals for 2013/14. To be compulsory for all secondary schools and should be in place by September 2013.			
HL.SM.1	Three years funding secured for the Alcohol Treatment Centre.			
HL.SM.1	Substance Misuse Commissioning Strategy finalised and performance management framework approved			
HL.SM.1	Alcohol Brief Intervention Training delivery programme secured for a further 12 months (2013/14)			
HL.SM.2	<p>Implementation of</p> <ul style="list-style-type: none"> - Children and Young People Prevention Programme including SmokeBugs and Smoke Free Playgrounds 	HL.SM.2		<p>Launch occurred of the first Smoke Free Playground in Shelley Gardens, Plasnewydd, Cardiff on 7th March 2013.</p> <p>4 other playgrounds in St Mellons, Pentwyn, Fairwater and Ely became smoke free at the end of March 2013.</p>
HL.SM.2	Quitex, online smoking cessation tool (developed by Cardiff University and managed by ASH Wales) currently being evaluated, funded by Well-Being Activity Grant.			
HL.SM.2 HL.HLS.1 HL.HLS.2	Families First funding approved for Healthy Lifestyles Programme			

Next Reporting Period:

ID	Key milestones for Next Reporting Period:	Baseline delivery date	Status <small>Delete as appropriate</small>
HL.HLS.1	Leadership of the 4 elements of the physical activity plan – Active Adults, Active Children and Young People, Active Environments and Sport for All	June 2013	
HL.SM.1	Implementation of 2013-18 Substance Misuse Commissioning Strategy	June 2013	

Significant Current Workstream Risks:

ID	Date Raised	Description (clearly highlight impact)	Owner Initials	Countermeasure(s)/Contingency	Status <small>Delete as appropriate</small>

Decisions Required from the Cardiff Partnership Board:

	Report for information
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Author Sign-Off and Assurance:

Report Author:	Susan Toner	Report Sign-off SRO:	Dr Sharon Hopkins
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