

CARDIFF AND VALE UHB STAKEHOLDER REFERENCE GROUP
1.30 – 3.30pm on Wednesday 27 November 2019
Nant Fawr 1, Ground Floor, Woodland House, Maes y Coed Road, Cardiff,
CF14 4HH

AGENDA

PART 1: ITEMS FOR DISCUSSION

1 1.30pm	Welcome and Introductions	Chair
2	Apologies for Absence	Chair
3	Declarations of Interest	Chair

PART 1: ITEMS FOR DISCUSSION

4 1.35pm (10 mins)	Minutes and Matters Arising from the SRG meeting on 24 September 2019	Chair
5 1.45pm (10 mins)	Feedback from Board <i>To note the items discussed at the Board meeting of 26 September 2019</i>	

Deliver Outcomes that Matter to People

No Items

Culture and Values

No Items

Sustainability

6 1.55pm (45 mins)	Draft Sustainable Travel Plan <i>To receive a presentation and discuss the key themes identified in the UHB's Draft Sustainable Travel Plan.</i>	Jon McGarrigle Head of Energy and Performance Colin McMillan Head of Transport and Sustainable Travel
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2.40 5 minute COMFORT BREAK

Our Service Priorities

7 2.45 (45 mins)	Draft Cardiff and Vale of Glamorgan Move More, Eat Well Plan 2020-2023 <i>To receive a presentation and discuss the key themes identified in the Plan</i>	Suzanne Wood Consultant in Public Health Medicine
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PART 2: ITEMS TO BE RECEIVED AND NOTED FOR INFORMATION BY THE STAKEHOLDER REFERENCE GROUP

1	Next Meeting of SRG 1.20pm-4pm, 29 January 2020 Nant Fawr 1, Woodland House	
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**UNCONFIRMED MINUTES OF CARDIFF AND VALE STAKEHOLDER REFERENCE
GROUP MEETING HELD ON TUESDAY 24 SEPTEMBER 2019, NANT FAWR 1,
WOODLAND HOUSE**

Present:

Geoffrey Simpson	One Voice Wales (Vice Chair)
Posy Akande	Carer
Garry Davies	South Wales Fire and Rescue Service
Liz Fussell	UHB Volunteer
Iona Gordon	Cardiff Council
Shayne Hembrow	Registered Social Landlord Sector
Zoe King	Diverse Cymru

In Attendance:

Chris Dawson-Morris	Corporate Strategic Planning Lead, UHB
Martin Driscoll	Executive Director of Workforce and Organisational Development, UHB
Nikki Foreman	Director of Corporate Governance, UHB
Anne Wei	Strategic Partnership and Planning Manager, UHB

Apologies:

Duncan Azzopardi	Cardiff University
Sam Austin	Young Persons Sector
Mark Cadman	WAST
Sarah Capstick	Cardiff Third Sector Council
Paula Martyn	Independent Care Sector
Steve Murray	South Wales Police
Rachel Nugent-Finn	Vale of Glamorgan Council
Linda Pritchard	Glamorgan Voluntary Services
Richard Thomas	Care and Repair Cardiff and the Vale

Secretariat:

Gareth Lloyd, UHB

SRG 19/42

WELCOME AND INTRODUCTIONS

The Chair welcomed everyone to the meeting and Shayne Hembrow was introduced to the Group.

SRG 19/43

APOLOGIES FOR ABSENCE

The SRG **NOTED** the apologies.

It was **NOTED** that although not a member of the SRG, apologies had been received from Abigail Harris, Angela Hughes, Wendy Orrey and Keithley Wilkinson.

SRG 19/44 DECLARATIONS OF INTEREST

There were no declarations of interest.

SRG 19/45 MINUTES AND MATTERS ARISING FROM STAKEHOLDER REFERENCE GROUP MEETING HELD ON 24 JULY 2019

The SRG **RECEIVED** and **APPROVED** the minutes of the SRG meeting held on 24 July 2019.

Draft UHB Rehabilitation Strategy

Anne Wei informed the SRG that Fiona Jenkins wished to convey her thanks to the SRG for the comments they had provided on the Draft Rehabilitation Strategy.

Improving the Patient Pathway for Frail Older People

Anne Wei informed the SRG that the formal engagement process had commenced on 2 September and would conclude on 1 November. She thanked the SRG for publicising the engagement event held in Barry the previous day. 53 members of the public had attended the event. Whilst there had been quite a lot of support for the principles underpinning the proposals there had been very strong opposition to the model itself and the proposed closure of Sam Davies Ward at Barry Hospital. There would be an engagement mid-point review meeting with the Community Health Council the following week and it was anticipated that a public evening meeting would be arranged.

Day Surgery at University Hospital Llandough

Anne Wei reported that the formal engagement process had concluded. Around 30 responses had been received all of which had been broadly supportive of the proposals. A report on the outcome of the engagement process would now be produced and discussed with the CHC. If approved, it was hoped to start the process of shifting some non-complex surgery at UHL within a month or so, starting with ENT.

The SRG **RECEIVED** and **NOTED** the agenda of the Board meeting held on 25 July 2019.

Nikki Foreman highlighted some of the key issues discussed.

- The 'Patient Story' had been about the Independent Living Service. The Board were shown a film showcasing the work of the Get Me Home Project directed by Cardiff Council in partnership with the UHB and third sector and supported by the Regional Partnership Board. The SRG noted that the service had been hugely successful with the administrative support provided by Cardiff Council.
- Chairs Report – The Report was focussed on basic governance issues but had mentioned the review of the Patient Pathway for Frail Older People.
- Major Trauma Centre Progress Report – The UHB was in the process of recruiting to some new posts to support the commencement of the service.
- Patient Safety, Quality and Experience Report – There had been a decrease in Serious Incidents but an increase in concerns raised in comparison with previous years. There were, however, no themes emerging from the concerns. There is a worrying trend of missing mental health patients. It is worth noting that there were a total of 15,000 incidents from circa 1 million patient contacts.
- Performance Report – The UHB is £1.3m adrift from the profile to break even at the end of 2019/20. Three Clinical Boards are in 'escalation' and have regular meetings with Executive Board members to ensure that they get their spending back on track. There has been a 69% increase in referral to Child and Adolescent Mental Health Services (CAMHS, 97% year on year). The reason for this increase is unclear and a report was being prepared for consideration by the Board at its meeting on 26th September. It was agreed that a link to the Board papers be emailed to SRG members.

Action: Gareth Lloyd.

The SRG enquired about links with local authority Social Services Departments on supporting CAMHS. Nikki Foreman confirmed that the UHB was working collaboratively with the local authorities and other partners to support the agenda around young people's emotional and mental health and suggested that it might be helpful for the UHB's Chief Operating Officer to attend a future meeting to explore the issue further. The SRG commented that there had been a reduction in the number of Statements of Educational Need issued by local authorities and this could be contributing to the increase in referrals to CAMHS services.

Action: Anne Wei

- The Board Assurance Framework – The focus is on the six large risks: workforce; financial sustainability; sustainable primary and community care; safety and regulatory compliance; sustainable culture change; and capital assets.
- A new Risk Management and Board Assurance Framework had been agreed
- Welsh Language Policy – The UHB had challenged 20 of the standards but the Welsh Language Commissioner had instructed the UHB to implement them all bar one.
- The Board Development Plan was approved.

Nikki Foremen informed the SRG that there had been a Special Board meeting on 29 August to discuss the Adult Thoracic Surgery Service for South Wales. There had been agreement on the way forward with other Health Boards and the Welsh Health Specialised Services Committee.

SRG 19/47 INTEGRATED MEDIUM TERM PLAN

The SRG **RECEIVED** a presentation from Chris Dawson-Morris on the UHB's Integrated Medium Term Plan (IMTP) priority setting process and the emerging priorities.

The SRG was informed that the NHS Wales Finance Act places a statutory duty on Health Boards to provide Welsh Government (WG) with an IMTP. The IMTP for 2019/20 had been approved by WG but there was a requirement to refresh and re-submit every year. WG expect the IMTP to include clear priority action plans, the workforce implications, performance expectations and the UHB must also demonstrate how it can deliver its proposals on budget.

The SRG heard that in developing the IMTP the process is more important than the plan. Conversations have been held with staff, patients, carers and a range of stakeholders to understand what is important to them. From these discussions a list of priorities has been developed under the four headings of 'home first', 'avoiding waste, harm and variation', 'outcomes that matter to people' and 'empower the person'. The emerging priorities were then shared and the SRG was asked to:

- consider if the list sufficiently reflected the UHB's partnership agenda; and
- if there were additional key priorities required from a partnership perspective.

The SRG then made a number of observations on the priorities.

- There are clear links with Patient Knows Best.
- Sustainability of 'home first' could be an issue because of resource requirements. Without adequate resourcing the responsibility will fall on unpaid carers. The SRG was informed that the Community Resource Teams were comprised of staff from different organisations with different pay scales and terms and conditions of employment. The UHB was working through these issues with the Regional Partnership Board and Health Education and Improvement Wales (HEIW) was developing a national strategy for a sustainable health and social care workforce. It was noted that the UHB was also looking to provide respite and training for carers as it was acknowledged that carers provide an incredible service.
- It was agreed that the 'profession' of caring should be developed.
- The SRG enquired whether there was a similar scheme to the Independent Living Service in the Vale of Glamorgan. Chris Dawson-Morris understood that there was and that the Community Resource Teams and Discharge to Assess operated across both Cardiff and the Vale.
- The SRG enquired whether there was a mechanism for formally recognising the contribution of carers. Anne Wei explained that the UHB held an annual volunteer celebration event. Carers Trust Wales also issued awards.
- Specific consideration needs to be given to the support required by individuals without family. The SRG was informed that the Community Resource Team undertake holistic needs assessments. Madeleine's Project in Cowbridge, is a pilot project that seeks to create a dementia friendly community to support individuals with dementia.
- The SRG were pleased to see the profile given to vulnerable groups. Black and Minority Ethnic groups tend to access services at a later stage.
- Diverse Cymru has its own Accredited Standards for services.
- Transformation of services for vulnerable groups was welcomed. It was noted that female prisoners from Cardiff were sent to Gloucester prison.
- Registered Social Landlords are key enablers in preventing decline and empowering their residents. They will have a role in supporting the UHB to deliver its priorities.
- Do the WG officials who approve the IMTP have experience of managing Health Boards? Chris Dawson-Morris confirmed that they had senior management experience from working within Health Boards.
- The SRG highlighted the importance of advocacy services and that patients are informed about them.

The SRG **RECEIVED** a presentation from Martin Driscoll on the roll out of 'Amplify 2025'.

The SRG was reminded that the UHB had formed a learning alliance with Canterbury Health Board (CHB) New Zealand. Over the past ten years, CHB had made significant cultural and system improvements that put the patient at the centre of everything it does. Working collaboratively with CHB, the UHB has designed a similar program to develop its own system for the benefit of staff and patients – Amplify 2025.

Amplify 2025 was launched in summer 2019 with a two day engagement event for 80 highly engaged 'leaders'. These 80 were split into groups of 10 each with an Executive 'sponsor'. They were challenged to think differently about the way the UHB delivers healthcare ensuring that 'Wyn' is at the centre of its decision making. The next stage is to establish an interactive 'Showcase' experience to which up to 5,000 staff, patients, carers and other stakeholders will be invited to attend. 'Showcase' will be a two hour experiential walk through of the system incorporating both current and future models of care.

The SRG then considered some specific questions:

- What is the collective view on the UHB putting the patient 'Wyn' at the heart of its decision making?
- Does the SRG have any thoughts/builds on employee engagement?
- The UHB wants employees to volunteer for training or other community activities to Amplify its Vision through Showcase. Does the SRG have any suggestions in this regard?
- How would the SRG like to be involved in Showcase?

The SRG then made a number of observations.

- The principle of putting 'Wyn' at the centre of decision making was supported.
- Personalising services by using 'Wyn' galvanises people to put the patient at the centre whereas focussing on performance measures has the potential to desensitise people to the needs of individuals.
- The aim should be to prevent 'Wyn' requiring services.
- There is a need to consider individuals with protected characteristics and that Wyn might not be perceived as representative. SRG was informed that the UHB has also developed a suite of other characters each with different characteristics which were used in the Director of Public Health's Annual Report.

- Amplify should not be restricted to health services.
- The work of staff should be celebrated.

Martin Driscoll explained that the intention was to launch Showcase in spring 2020. It was agreed that the SRG would be invited to test the 'Showcase' in advance of the formal launch.

SRG 19/49 NEXT MEETING OF SRG

1.30pm-4pm, 27 November 2019, Nant Fawr 1, Woodland House.

**CARDIFF AND VALE UNIVERSITY HEALTH BOARD
BOARD MEETING**

Thursday, 26 September 2019 at 1.00pm

WOODLAND HOUSE, GROUND FLOOR, NANT FAWR 1, 2 & 3 HEATH

AGENDA

PATIENT STORY - TBC		
1	Welcome & Introductions	Charles Janczewski
2	Apologies for Absence	Charles Janczewski
3	Declarations of Interest	Charles Janczewski
4	Minutes of the Board Meeting held on 25 July 2019 and 29 August 2019	Charles Janczewski
5	Action Log – 25 July 2019	Charles Janczewski
6	Chairs Action taken since last meeting	Charles Janczewski
7	Items for Review and Assurance	
7.1	Chair's Report	Charles Janczewski
7.2	Chief Executive Report	Len Richards
7.3	Patient Safety, Quality and Experience Report	Ruth Walker
7.4	Performance Report including: (a) detailed report on Cancer Performance (b) Baseline assessment of compliance with Part 1b measure of Mental Health Measures	Steve Curry
7.5	Board Assurance Framework & Corporate Risk Register	Nicola Foreman
7.6	Primary Care Milestones and Delivery against them	Steve Curry
7.7	CAMHS- Response to Mind Over Matter Report including Delivery Unit Report and Action Plan	Steve Curry
7.8	Winter Plan	Steve Curry
8	Items for Approval / Ratification	
8.1	Sexual Assault Referral Centre	Abigail Harris
8.2	Strategic Clinical Services Plan	Abigail Harris
8.3	Annual Medical Education Report	Stuart Walker
8.4	Digital Health and Information Committee Terms of Reference	Nicola Foreman
8.5	Committee Minutes: i. Quality, Safety and Experience Committee – 18 June 2019 ii. Finance Committee – 31 July 2019 iii. Strategy and Delivery Committee - 25 June 2019	Susan Elsmore John Antoniazzi Charles Janczewski

	iv. Charitable Funds Committee – 11 June 2019 Advisory Group Minutes: v. Stakeholder Reference Group – 24 July 2019 vi. Local Partnership Forum – 5 June 2019 The Joint Committee Minutes: vii. Emergency Ambulance Services Committee – 26 March and 14 May 2019	Akmal Hanuk Richard Thomas Martin Driscoll
9	Items for Noting and Information	
9.1	NHS Wales Collaborative Leadership Forum Minutes	Charles Janczewski
9.2	Reports from Committee Chairs: i. Quality, Safety and Experience Committee – September 2019 ii. Finance Committee – July 2019 iii. Strategy and Delivery Committee – September 2019 iv. Charitable Funds Committee – September 2019 Reports from Advisory Group Chairs: v. Stakeholder Reference Group – July 2019 vi. Local Partnership Forum – August 2019	Susan Elsmore John Antoniazzi Charles Janczewski Akmal Anuk Richard Thomas Martin Driscoll
10	Agenda for Private Meeting:	
11	Review of the meeting	
12	Date and time of next meeting	
	Thursday, 28 November 2019 at 1.00pm Woodland House, Ground Floor, Nant Fawr 1, 2 and 3	

To consider a resolution that representatives of the press and other members of the public be excluded from the remainder of this meeting having regard to the confidential nature of the business to be transacted, publicity on which would be prejudicial to the public interest [Section 1(2) Public Bodies (Admission to Meetings) Act 1960].

Draft Sustainable Travel Plan

The UHB is developing an updated Sustainable Travel Plan to encourage staff, patients and visitors out of single occupancy vehicles and to use more sustainable forms of travel to and from our sites, and when conducting UHB business.

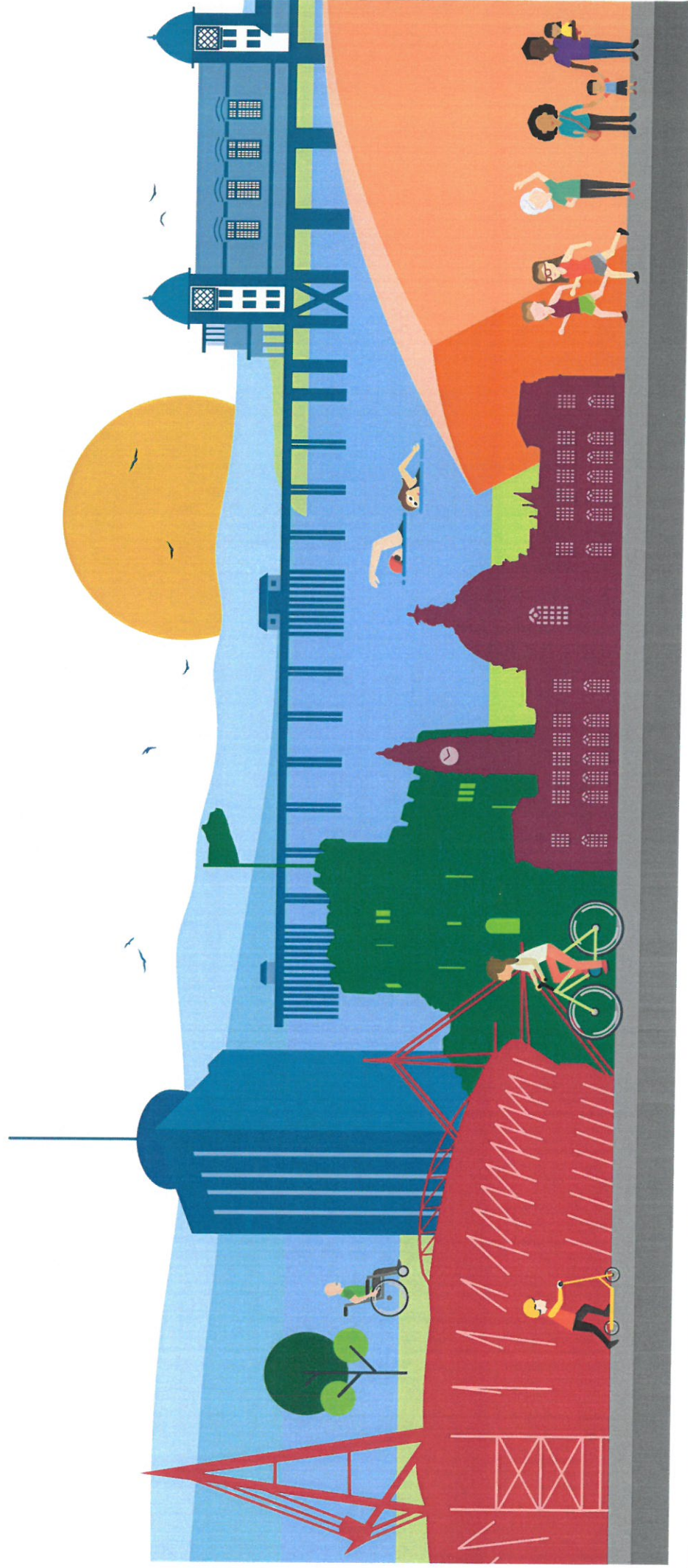
The SRG will receive a presentation on the emerging proposals at the meeting on 27 November. To prepare for the discussion, the team would like to ask the following

1. Please highlight two key outcomes or benefits you would welcome from the Plan
2.
 - a) To encourage staff (where appropriate) to travel to their place of work using alternative means of transport instead of a car, please suggest two recommendations or initiatives which could assist achieving this objective
 - b) To encourage patients and visitors (where appropriate) to travel to our sites using alternative means of transport instead of a car, please suggest two recommendations or initiatives which could assist achieving this objective
3. Please tell us what you think have been the most successful sustainable travel initiatives introduced so far.

Draft 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 Service 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 includes: 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 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!



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



Cllr Neil Moore
Chair of Vale of Glamorgan PSB and
Leader of Vale of Glamorgan Council



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

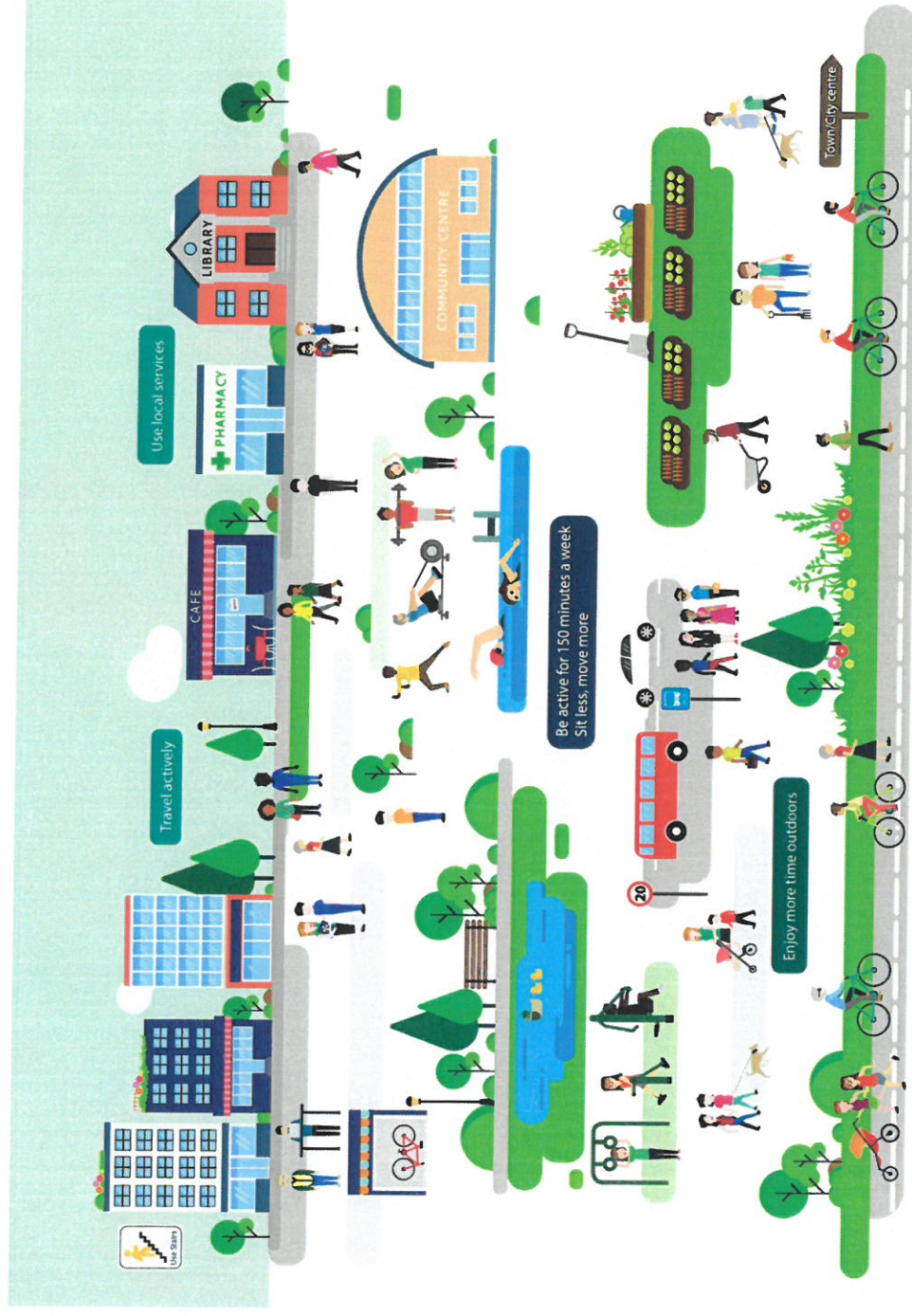
Our Vision

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 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 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 you 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.

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.


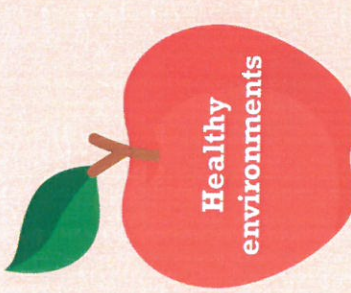
On the 12 and 13 March 2019 we held two engagement events in Cardiff and the Vale of Glamorgan respectively. There were over 120 people in attendance over the 2 days. During the events we asked people what they could do, what others could do, and what we could do together to move more and to eat well.

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 now want to engage more people 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.




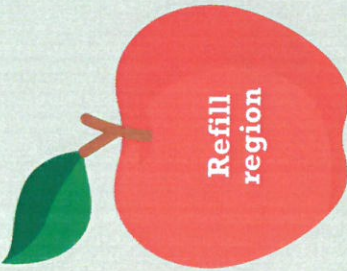
What will we do together?

PRIORITY AREA	PRIORITY PLEDGE	PRIORITY ACTION AREAS	PARTNERS
 <p>Healthy pre-schools and schools</p>	<p>We will systematically improve the food and physical activity offer in schools</p>	<p>1.1 Improve whole school approach to healthy food provision and monitor compliance</p> <p>1.2 School lunch breaks are of sufficient duration e.g. 45 minutes</p> <p>1.3 Daily Mile or suitable alternative in all primary schools</p> <p>1.4 Active travel plans in schools</p> <p>1.5 Healthy out of school hours' provision</p>	<p>Pre-schools, Schools, Education, Transport, Leisure and Play services, Healthy Schools Teams, Dietetics, Public Health, Food & Fun Steering Groups, Sport Cardiff, Food Cardiff, Food Vale.</p>
 <p>Healthy environments</p>	<p>We will ensure that planning will create healthy environments</p>	<p>2.1 Planning policy ensures that healthy environments are available on major new developments</p> <p>2.2 Current and future developments design in accessible blue and green space and formal places for outdoor play and recreation</p> <p>2.3 Design in healthy and active schools</p> <p>2.4 Restrict permissions on hot food take-aways</p> <p>2.5 Use traffic regulation orders to create supportive and safe environments</p>	<p>Planning, Cardiff and Vale UHB, local authority education directorates, Food Cardiff, Food Vale.</p>



What will we do together?

PRIORITY AREA	PRIORITY PLEDGE	PRIORITY ACTION AREAS	PARTNERS
 <p>Healthy travel</p>	We will create an environment and culture which supports healthy travel	<p>3.1 Develop and implement Healthy travel charters across public, private and third sectors</p> <p>3.2 Implement and expand public cycle hire schemes, including e-bikes</p> <p>3.3 Further develop cycling and walking infrastructure and cycling parking</p> <p>3.4 Develop an integrated public transport system</p>	Planning, transport, PSB organisations, businesses, third sector
 <p>Healthy workplaces</p>	We will champion the food and physical activity offer in workplaces	<p>4.1 All PSB organisations' staff restaurants/canteens are signed up to healthy food standards</p> <p>4.2 All PSB organisations have walking and cycling routes available to/from sites and active travel plans</p> <p>4.3 All PSB organisations are participating in healthy workplace principles</p>	PSB organisations, workplaces, Employers Network, Public Health, Food Cardiff, Food Vale, Nutrition and Dietetics



What will we do together?

PRIORITY AREA	PRIORITY PLEDGE	PRIORITY ACTION AREAS	PARTNERS
	We will ensure that advertising and marketing is healthy	<div>5.1 Develop and implement a public sector policy to restrict junk food advertising across Cardiff and the Vale</div> <div>5.2 Promote healthy foods in marketing campaigns</div> <div>5.3 Promote use of technology so people move more</div>	PSB organisations, Digital Communities Wales, Adult Learning, Food Cardiff, Food Vale
	We will create a refill region	<div>6.1 Water is freely available in pre-schools; schools; workplaces and public sector organisations</div>	Pre-schools, schools, workplaces, public refill stations

What will we do together?

PRIORITY AREA	PRIORITY PLEDGE	PRIORITY ACTION AREAS	PARTNERS
 <p>Informed workforce and population</p>	<p>We will create an informed workforce and population</p>	7.1 Further implementation of Nutrition Skills for Life™ in areas of high need e.g. Get Cooking	<p>Dietetics, Cardiff and Vale UHB</p>
		7.2 Enhanced roll out of Making Every Contact Count e-learning	
		7.3 Train the trainer approach created for Making Every Contact Count	
 <p>Healthy and sustainable food procurement</p>	<p>We will create healthy and sustainable food procurement systems</p>	8.1 Embed principles of healthy food procurement across public sector bodies	<p>Procurement teams, Cardiff and Vale UHB, Cardiff local authority, Vale of Glamorgan local authority, Food Cardiff, Food Vale</p>
		8.2 Link with Corporate Health Standard Award to support all employers to incorporate healthy food procurement	

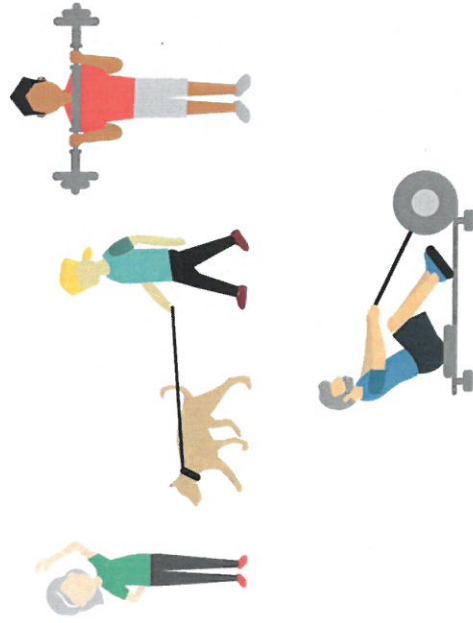
What will we do together?

PRIORITY AREA	PRIORITY PLEDGE	PRIORITY ACTION AREAS	PARTNERS
 <p>Healthy communities</p>	We will support communities to be healthier	<p>9.1 Launch Food for Life Get Togethers</p> <p>9.2 Roll out Food-related benefits training</p> <p>9.3 Increase walking in older people in communities with highest need</p> <p>9.4 Support communities with highest need to take more physical activity and to eat well</p>	Cardiff and Vale UHB, Foodsense Wales, Sport Cardiff, Vale of Glamorgan local authority, Food Cardiff, Food Vale.
 <p>Healthy weight services</p>	We will support people to become a healthy weight	<p>10.1 Implement universal coverage of social prescribing for food and physical activity</p> <p>10.2 Implement a complete referral pathway for children and adults who are overweight/obese</p> <p>10.3 Deliver a programme in primary care to support people with pre-diabetes to improve their health</p>	Cardiff and Vale UHB, Primary Care

What can each of us do every week?

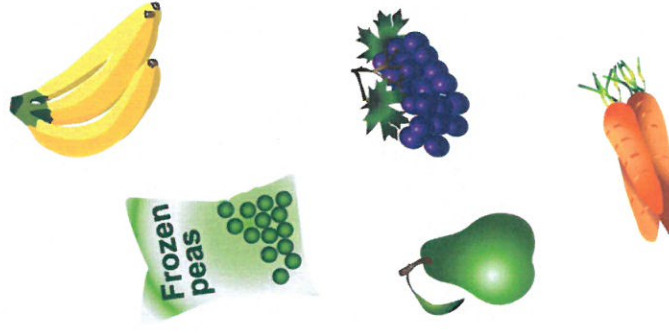
1

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 fruit and vegetables a day



3

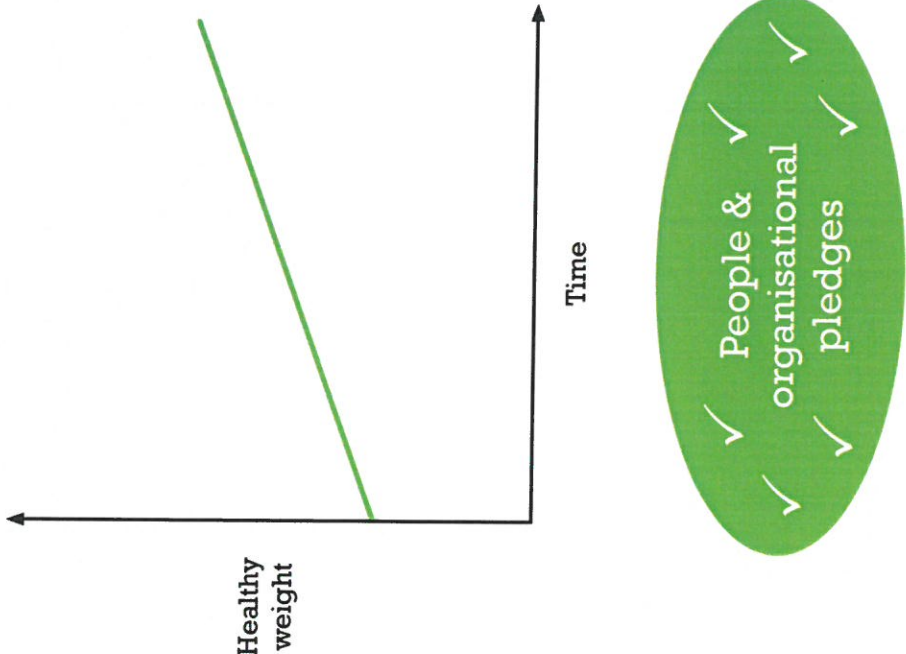
Use healthy travel to and from work/school



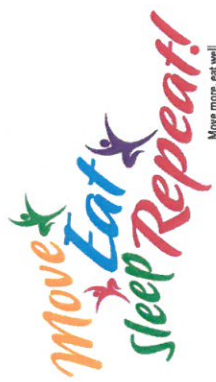
How will we measure success?

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We will develop an evaluation framework to measure the success of our Move More, Eat Well plan.



PRIORITY	ACTION				
	1	2	3	4	5
1					
2					
3					
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7					
8					
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10					



#movemoreeatwell

For further information contact the Cardiff and Vale Public Health Team

Email: movemoreeatwell@wales.nhs.uk

Tel: 02921 836503



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

Questions for the Stakeholder Reference Group to consider:

1. Are you happy to support the Plan?
2. Do you have any comments on the content of the Plan?
3. How would you like to get involved in the action areas contained within the Plan?
4. Do you have any additional comments to make?

