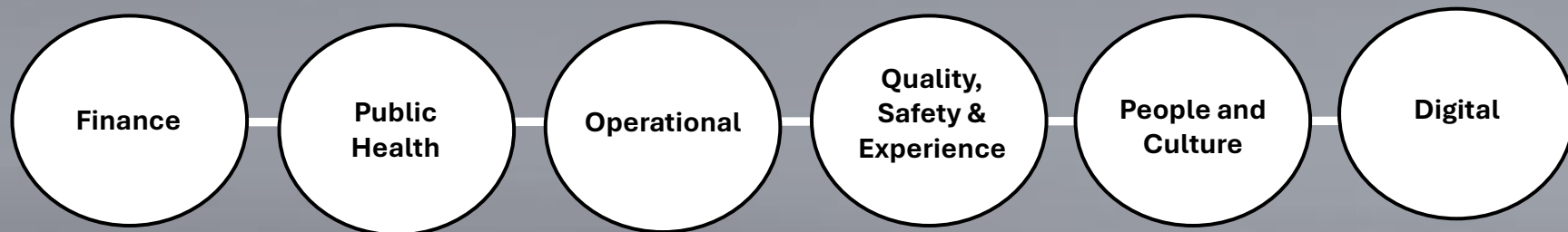


CARDIFF & VALE UHB INTEGRATED PERFORMANCE REPORT COVER PAPER – PUBLIC HEALTH JULY 2026

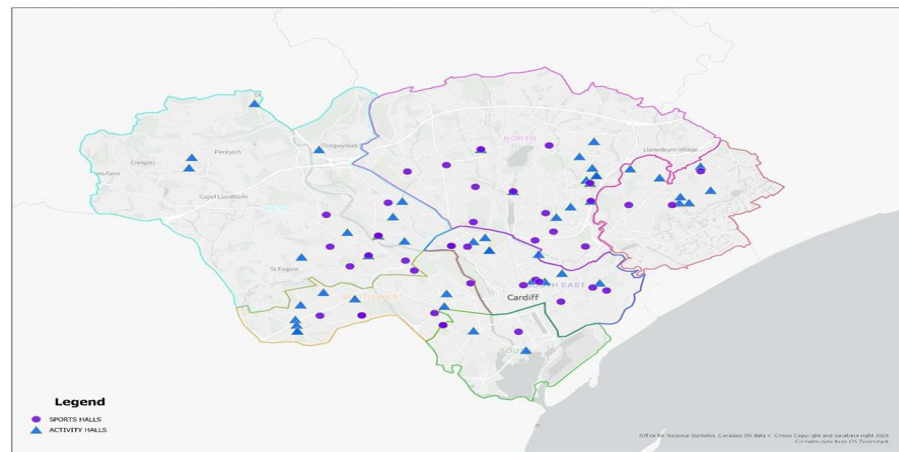


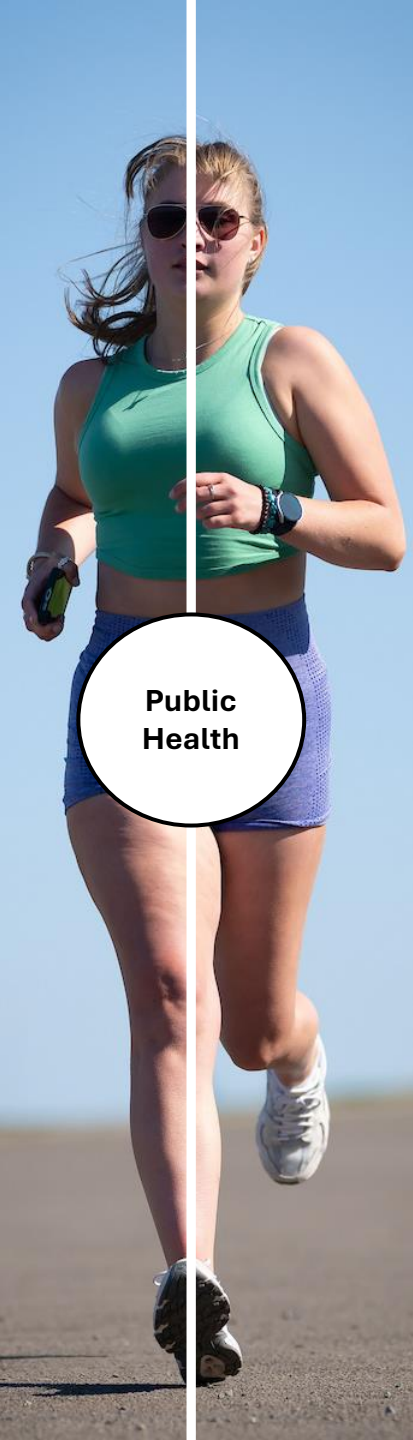


Public Health

- The evidence base is clear that a Whole System Approach to tackling obesity is what makes a difference. We are making progress on this, but this is slow due to limited resources. A full business case to implement at scale and pace has not been funded due to the financial pressures on the organisation. This limits progress on this important public health agenda.
- Our joint **Good Food and Movement Implementation Plan (2026-28)** which describes the actions needed to keep our whole system approach to tackling obesity moving forward was discussed and agreed at Cardiff Leadership and Enabling Change Group on 28th April 2026. The plan was also agreed at the Vale of Glamorgan Senior Management Team on 16th June 2026.
- Cardiff Physical Activity and Sport **Facility Audit Report** is complete. It provides a comprehensive assessment of all places that support physical activity, including playgrounds, parks, grass pitches, community halls, leisure centres, and elite sporting facilities. It establishes a robust evidence base on the availability, quality, accessibility, and distribution of facilities, identifying gaps and inequalities in provision.
- Findings include Cardiff offers a wide range of sports and recreation facilities, including major venues, community halls, gyms, parks, and informal spaces, but access is uneven, with significant inequalities in provision, quality, and affordability. Inner-city and disadvantaged communities face the greatest challenges due to shortages of open space, overused facilities, high costs, travel barriers, and limited access to school facilities.
- The audit will support decision-making on facility development, upgrades, investment, and future planning, ensuring decisions are informed by up-to-date evidence.
- The audit is also informing the new government's manifesto commitment to conduct a facilities audit of sport facilities in Wales. Vale of Glamorgan's facility audit is being undertaken.
- Here is an example of one facilities audit map:

Figure 4: Map of all Sports Halls and Activity Halls





Tobacco

Smoking Prevention

- **Smoke-Free Ambassador Scheme** is a learner-led programme that encourages primary school pupils to become advocates for smoke-free living both within their school and beyond. Currently in the evaluation phase, schools are providing feedback which will inform expansion of the programme. A bilingual easy-read booklet has also been developed and will be tested in September 2026.
- **Food and Fun** – Smoking and vaping prevention activities will be part of this programme which offers free healthy meals and enrichment activities to children during the school Summer holidays.
- **Events** - Smoking and vaping prevention activities will be incorporated into supporting National play day in Cardiff (29/07) and the Vale (05/08)

Smoking Cessation

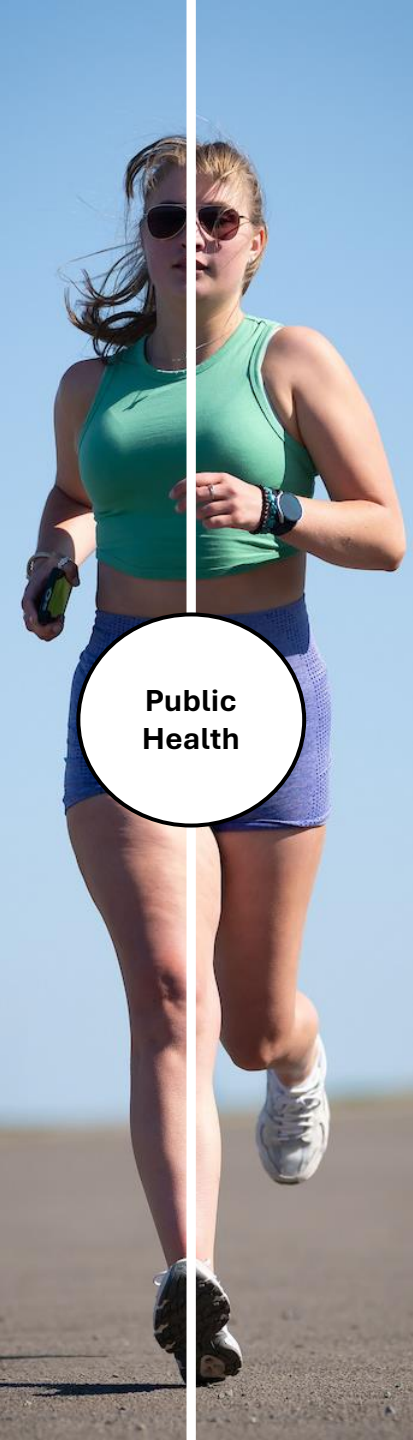
- Targeted service promotion has resulted in an increase in Help Me Quit activity. In May 2026, the number of smokers treated by the Help Me Quit service increased by 50% compared to the same month last year.
- Allen Carr Easy way project has provided a stop smoking intervention to 93 smokers between 1.4.26 and 3.07.26
- Help Me Quit community smoking cessation team will be present in the Pre Operative Assessment Clinic at University Hospital Wales on a weekly basis from July 2026 as part of a trial project. The aim is to offer smokers stop smoking support on the same day as their pre-op assessment and capitalise on a 'teachable moment'.
- Help Me Quit community smoking cessation team present in University Hospital Llandough two days each week to offer smoking cessation support to in-patients, staff and visitors.

Smoke Free Environments

- Smoking enforcement officer has approached 1380 individuals found smoking on hospital sites between 17.11.25 and 17.5.26 An evaluation was completed in June 2026 which will inform the next stage of the project.

Women's Health Hubs

- A funding bid for pump-prime funding for Women's Health Hubs has been submitted to Welsh Government for consideration, following review by the Health Board's Value Based Realisation Group. The proposal has been informed through patient, staff and third sector engagement, and will support the Health Board's activities to meet the key delivery expectations.



Vaccination – childhood vaccinations

Children up to date with vaccinations

- The Childhood & Teenage Immunisations Strategic Action Plan is complete, pending approval from the Quality Committee in July 2026. The strategy is for a period of 3 years and the first-year delivery plan has been developed collaboratively across all partners delivering health board vaccination programmes and in consultation with primary care. There is a strong focus on improving uptake of all vaccines by age 5 and uptake of HPV by age 15.

Schools: Influenza. HPV and MMR

- We have agreed with Cardiff and the Vale of Glamorgan Councils to establish task and finish groups to review the way in which schools engage with routine and catch-up vaccination programmes. This is based on learning from an MMR catch up programme delivered in 3 secondary schools between March and July 2026.

Health protection

- The **Cardiff and Vale Health Protection Plan** is being reviewed, with engagement from partner agencies and health board teams. The new Plan will replace the existing 2024-2026 Plan and set the priorities for the health protection partnership over the next two years. The partnership includes CAVUHB, Cardiff and Vale of Glamorgan Councils, Shared Regulatory Service and Public Health Wales.