

Cynulliad Cenedlaethol Cymru | National Assembly for Wales
Y Pwyllgor Plant, Pobl Ifanc ac Addysg | Children, Young People and
Education Committee

Blaenoriaethau ar gyfer y Pwyllgor Plant, Pobl Ifanc ac Addysg |
Priorities for the Children, Young People and Education Committee

CYPE 55

Ymateb gan : Bwrdd Iechyd Prifysgol Caerdydd a'r Fro

Response from : Cardiff and Vale University Health Board

Question 1 – Within the remit set out above: what do you consider to be the priorities or issues that the Children, Young People and Education Committee should consider during the Fifth Assembly?

1. Obesity (food and physical activity) with a view to changing the approach and culture so that these become core issues to be addressed, knowing that in Cardiff and the Vale of Glamorgan, 67% of under 16s do not get enough exercise and 34% are overweight or obeseⁱ, and this is the best position in Wales. Much more action is needed to tackle the root causes of this, so that generations to come do not have poorer health caused by obesity.
2. The mental wellbeing of children and young people in light of the dramatic increase in number of people experiencing mental illness. Consideration is needed on further action is required to stem the increasing tide of mental wellbeing issues for children and young people – this will mean looking at how the committee can influence beyond the traditional siloed education space but understands that the links to wider societal, community , parenting and employment issues will all be important.
3. The wider environmental issues affecting children's health and wellbeing, in particular air pollution. The Royal College of Paediatrics and Child Health, and the Royal College of Physicians issued a joint report in February this year – <https://www.rcplondon.ac.uk/projects/outputs/every-breath-we-take-lifelong-impact-air-pollution> – highlighting the significant impact on children's (and adult's) health and that urgent concerted

action is required now to address this. Children's physical development is harmed by growing up in a polluted environment. Many of the issues can only be dealt with in a co-ordinated way at a national (Wales & UK) level.

Question 2 – From the list of priorities or issues you have identified, what do you consider to be the key areas that should be considered during the next 12 months (please identify up to three areas or issues)? Please outline why these should be considered as key priorities.

As outlined above

¹ Proportion of children who are obese or overweight, 3 years combined data, 2011/12 – 2013/14: children aged 4 – 5
Cardiff and Vale UHB