

PACYP 49

Ymchwiliad i weithgarwch corfforol ymhlith plant a phobl ifanc

Inquiry into physical activity of children and young people

Ymateb gan Cyngor Sir Powys

Response from Powys County Council

Powys County Council

<p>What do we know about physical activity levels in children in Wales? How robust is the data on this issue?</p>
<p>Information and data is collected, collated and reported through our leisure services provider (Freedom Leisure), Sports Development and Community Development Officer teams, Schools, Youth Services, Arts &amp; Cultural Services and also through partner organisations such as child care providers.</p>
<p>Differences in gender-based attitudes towards, and opportunities for, participation in physical activity in Wales.</p>
<p>Leisure and sports development activities are fully inclusive with the offer of specific gender based activities where a need is identified.</p>
<p>The extent to which Welsh Government policies are aimed at whole populations and/or particular groups, and what impact that approach has on addressing health inequalities.</p>
<p>Policies tend to be aimed at whole populations, however targeted approaches are taken where gaps or needs are identified.</p>
<p>Barriers to increasing the levels of physical activity among children in Wales, and examples of good practice in achieving increases in physical activity, and in engagement with hard to reach groups, within Wales, the UK and internationally.</p>
<p>Schools are under increasing pressure to ensure academic achievement which restricts the time that children can participate in physical activity. Some barriers exist due to cost of activities. Some children experience rural isolation which restricts their ability to participate. However, Council Services and partners strive to provide opportunities for physical activity to these groups where possible.</p>
<p>Physical activity guidelines and how we benchmark physical fitness in children.</p>
<p>National guidelines exist for recommended levels of physical activity per day / week. Council services and partners work with children and young people to encourage and facilitate activities to achieve these levels. The Sports Development and Community Development Officers undertake the 'School Sport Survey' from Sport Wales to record this information.</p>
<p>Measurement, evaluation and effectiveness of the Welsh Government's programmes and schemes aimed at promoting physical activity of children.</p>

Data and information is provided on a regular basis to Sport Wales. Powys finds itself at a disadvantage in terms of funding received from WG due to rurality and small areas of population, although the amount of activity provided in Powys is considerable in comparison to some other authorities.

Value for money of Welsh Government spending to promote exercise in children.

There is always the potential to spend more to promote, facilitate and deliver physical exercise for children, especially with the crucial links to obesity, future generations & well-being, mental health and the preventative agenda.

The role of schools, parents and peers in encouraging physical activity, and the role of Sport Wales, NHS Wales and Public Health Wales in improving levels of physical activity.

There is room for significant improvement for all agencies and national bodies to encourage, promote and improve levels of physical activity. It is important that all agencies work together on a shared agenda and budgets are used as effectively as possible. The preventative agenda should be given consideration and appropriate funding to reduce the numbers of children being treated for conditions that could have been dealt with earlier.



# Health Behaviour in School-Aged Children

## Key Findings

Prepared by Ipsos MORI on behalf of the Welsh Government

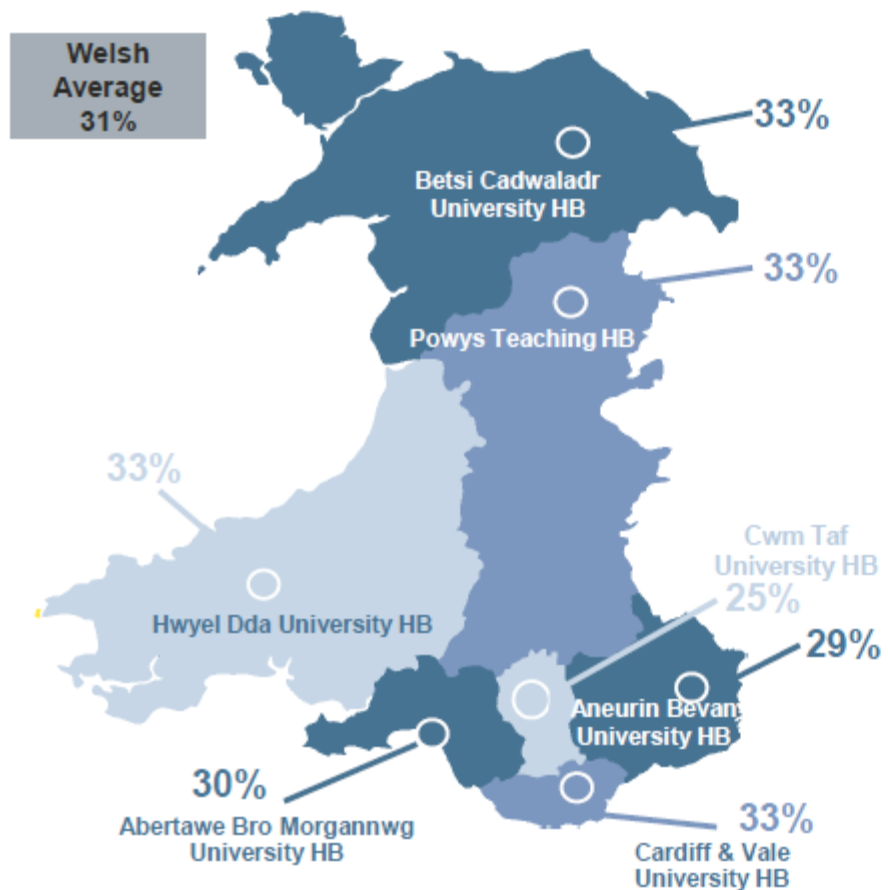
## Update: The Powys Picture

Powys Public Health Team July 2016 Tessa Morgan

# Eating habits by LHB: Fruit



## How many times a week do you usually eat fruit?



### % eating fruit once a day or more

	Boys	Girls
Abertawe Bro Morgannwg	29%	30%
Aneurin Bevan	29%	28%
Betsi Cadwaladr	30%	35%
Cardiff & Vale	32%	33%
Cwm Taf	22%	28%
Hwyel Dda	30%	36%
Powys	28%	39%

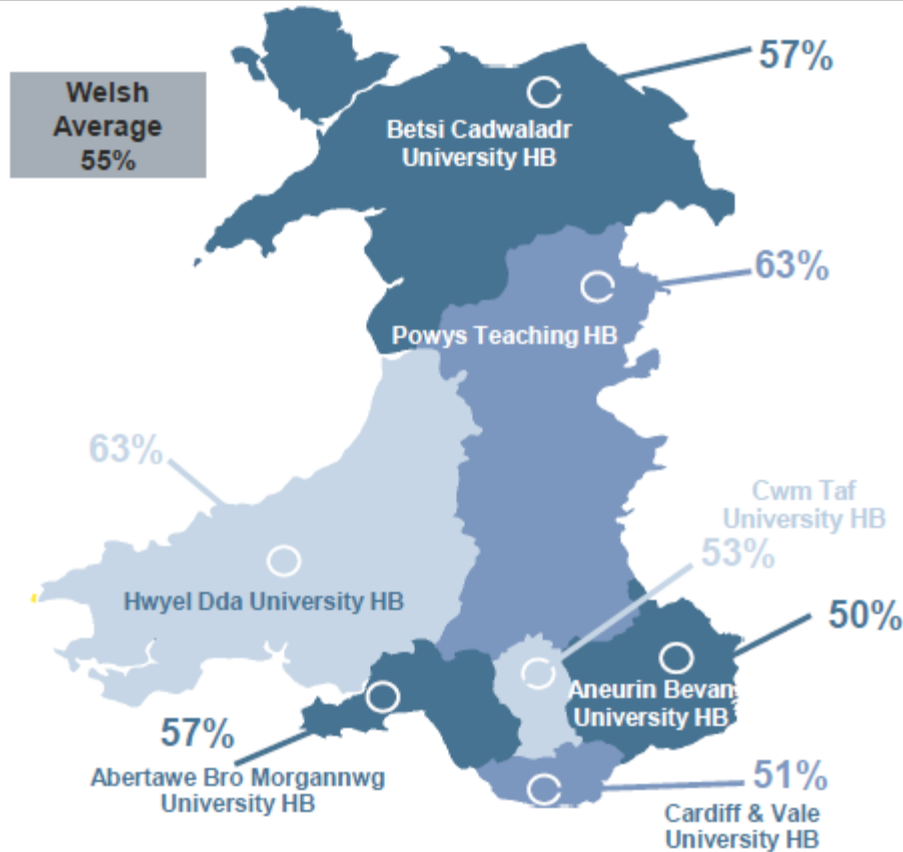
Base: All respondents aged 11 to 16 who gave an answer, surveyed between November 2013 and March 2014 (9,030)

Source: Ipsos MORI

# Eating habits by LHB: Breakfast



**How often do you usually have breakfast (more than a glass of milk or fruit juice) on weekdays?**



## % eating breakfast five days a week

	Boys	Girls
Abertawe Bro Morgannwg	65%	49%
Aneurin Bevan	57%	45%
Betsi Cadwaladr	64%	50%
Cardiff & Vale	62%	42%
Cwm Taf	61%	42%
Hwyl Dda	70%	56%
Powys	69%	56%

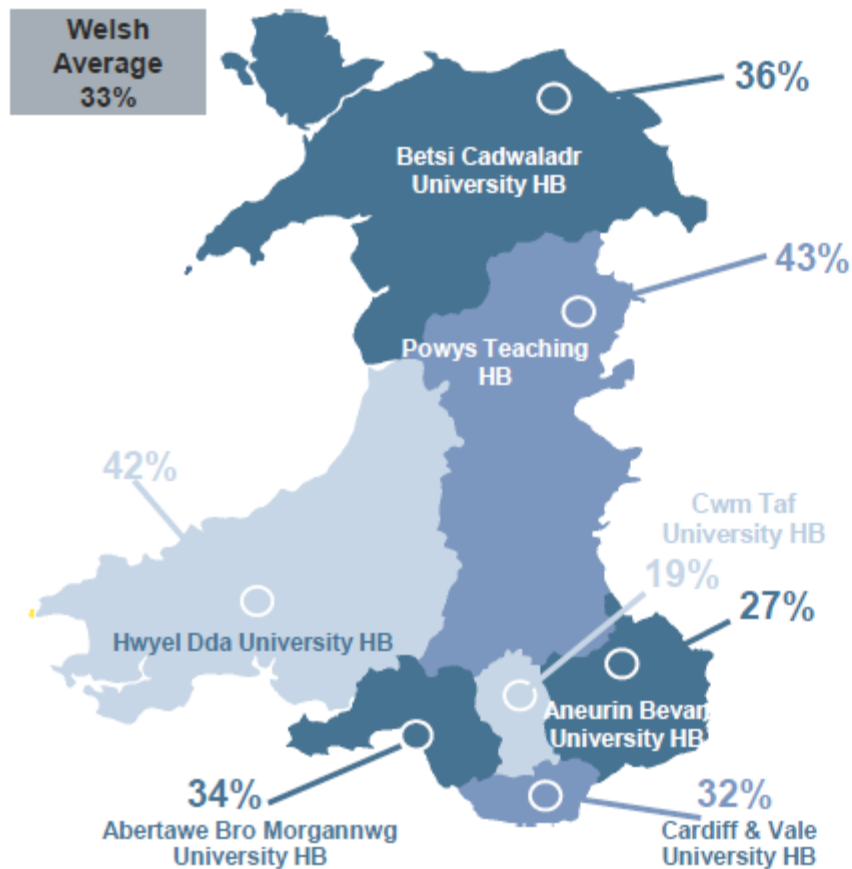
Base: All respondents aged 11 to 16 who gave an answer, surveyed between November 2013 and March 2014 (8,074)

Source: Ipsos MORI

# Eating habits by LHB: Vegetables



## How many times a week do you usually eat vegetables?



### % eating veg once a day or more

	Boys	Girls
Abertawe Bro Morgannwg	32%	35%
Aneurin Bevan	28%	27%
Betsi Cadwaladr	33%	38%
Cardiff & Vale	30%	33%
Cwm Taf	18%	19%
Hwyel Dda	36%	49%
Powys	41%	47%

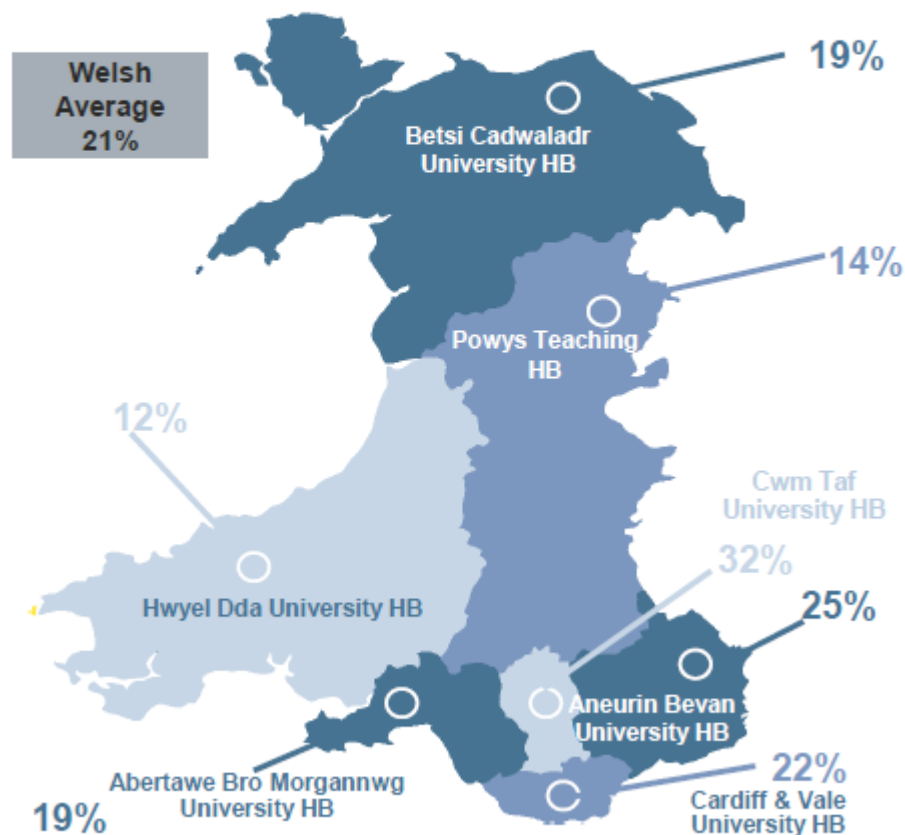
Base: All respondents aged 11 to 16 who gave an answer, surveyed between November 2013 and March 2014 (9,026)

Source: Ipsos MORI

# Drinking habits by LHB: Sugary drinks



**How many times a week do you usually drink coke or other drinks that contain sugar?**



**% drinking sugary drinks once a day or more**

	Boys	Girls
Abertawe Bro Morgannwg	20%	19%
Aneurin Bevan	25%	26%
Betsi Cadwaladr	22%	17%
Cardiff & Vale	21%	22%
Cwm Taf	32%	31%
Hwyel Dda	14%	10%
Powys	13%	14%

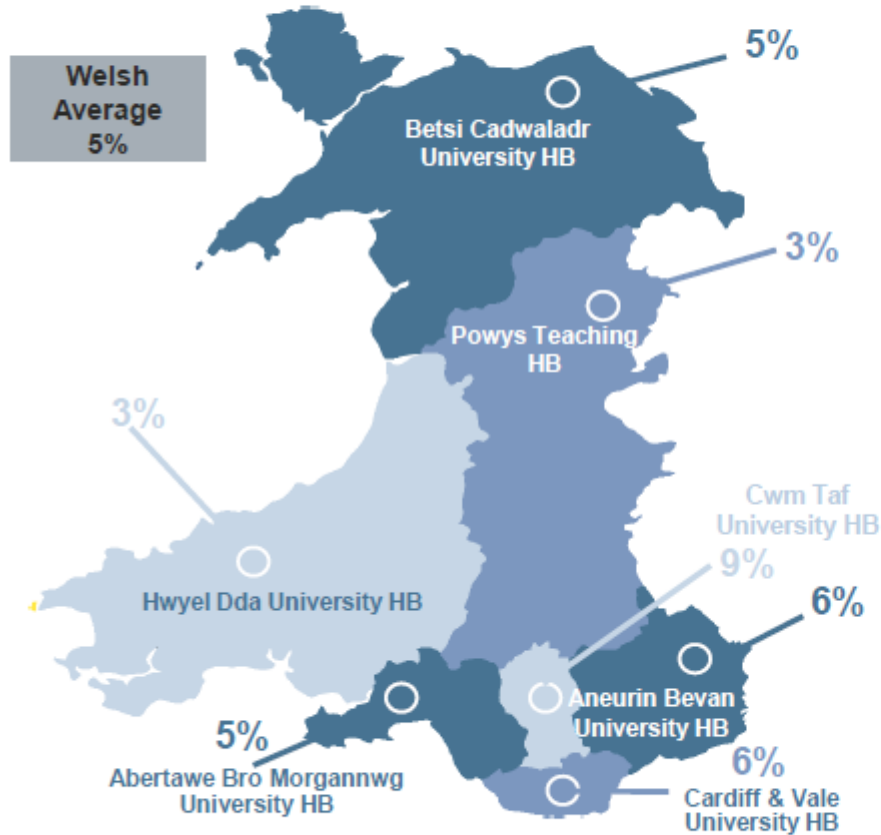
Base: All respondents aged 11 to 16 who gave an answer, surveyed between November 2013 and March 2014 (9,027)

Source: Ipsos MORI



# Drinking habits by LHB: Energy drinks

**How many times a week do you usually drink energy drinks (such as Red Bull, Monster, Rockstar)?**



**% drinking energy drinks once a day or more**

	Boys	Girls
Abertawe Bro Morgannwg	7%	2%
Aneurin Bevan	8%	4%
Betsi Cadwaladr	7%	4%
Cardiff & Vale	6%	6%
Cwm Taf	10%	7%
Hwyel Dda	5%	2%
Powys	4%	1%

Base: All respondents aged 11 to 16 who gave an answer, surveyed between November 2013 and March 2014 (9,028)

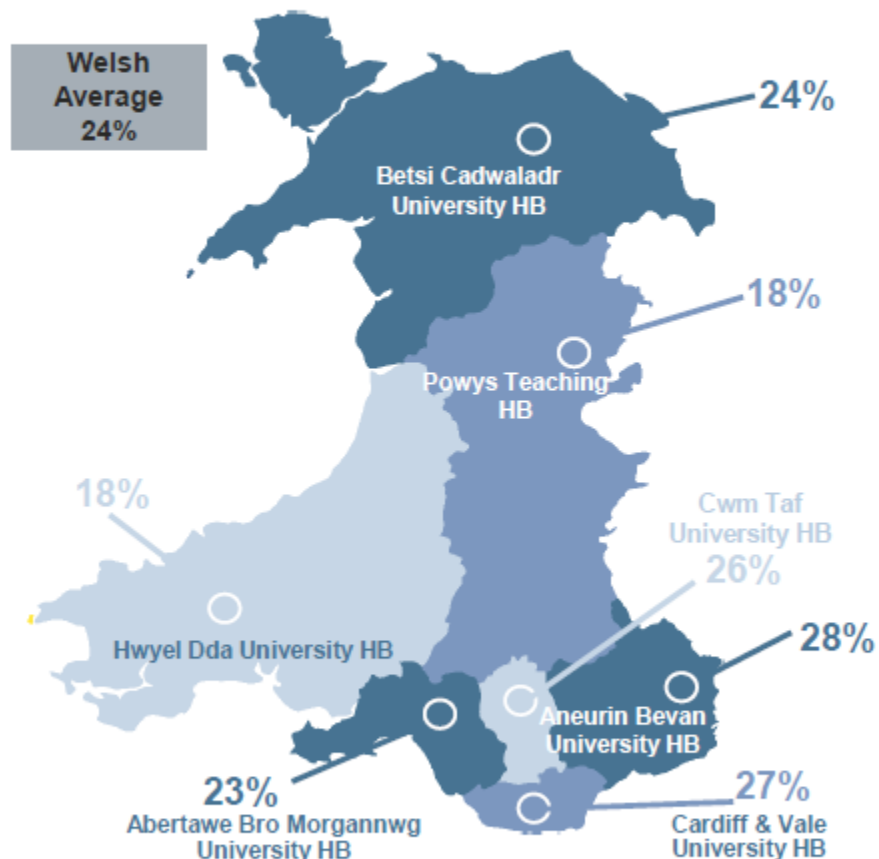
Source: Ipsos MORI



# Eating habits by LHB: Sweets



**How many times a week do you usually eat sweets (candy or chocolate)?**



**% eating sweets once a day or more**

	Boys	Girls
Abertawe Bro Morgannwg	24%	23%
Aneurin Bevan	26%	29%
Betsi Cadwaladr	23%	24%
Cardiff & Vale	26%	28%
Cwm Taf	23%	30%
Hwyel Dda	17%	19%
Powys	18%	18%

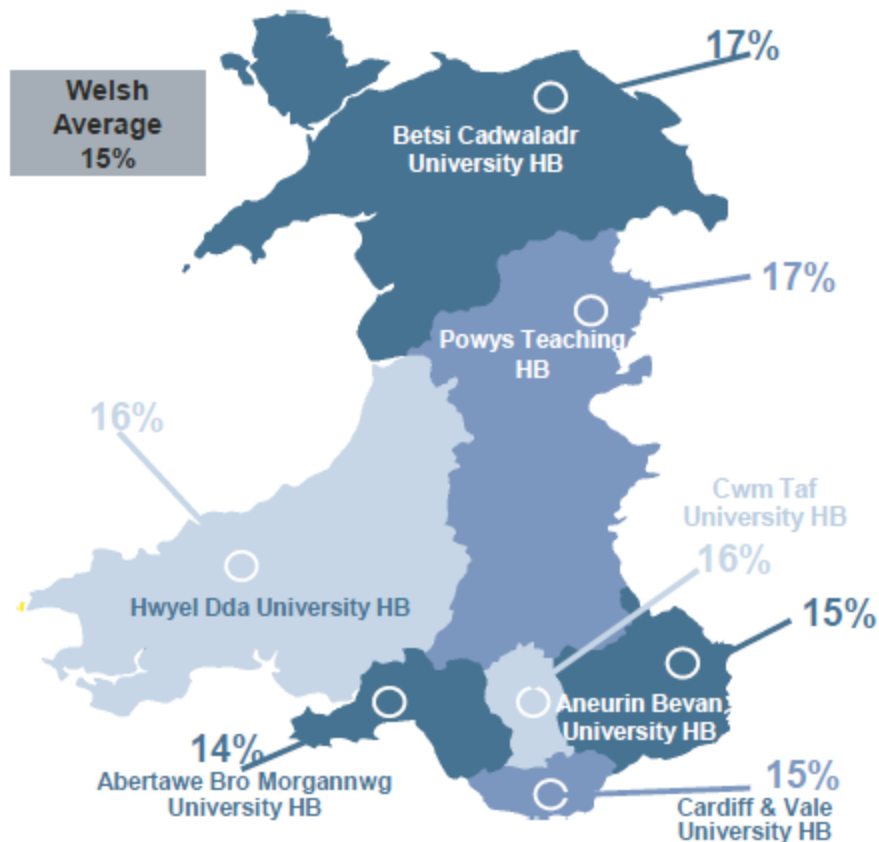
Base: All respondents aged 11 to 16 who gave an answer, surveyed between November 2013 and March 2014 (9,029)

Source: Ipsos MORI

# Participation rates in exercise by LHB



**Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?**



## % physically active 60 minutes a day every day

	Boys	Girls
Abertawe Bro Morgannwg	18%	9%
Aneurin Bevan	21%	10%
Betsi Cadwaladr	22%	11%
Cardiff & Vale	19%	12%
Cwm Taf	18%	13%
Hwyel Dda	21%	11%
Powys	22%	10%

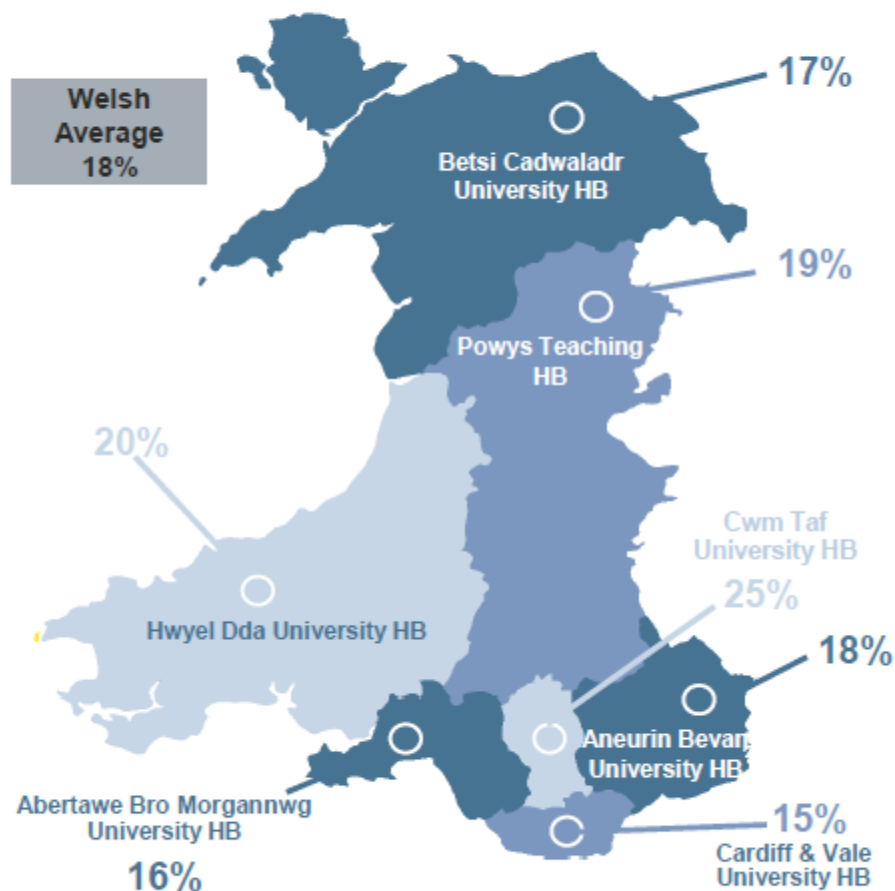
Base: All respondents aged 11 to 16 who gave an answer, surveyed between November 2013 and March 2014 (8,931)

Source: Ipsos MORI

# Overweight/ obesity levels by LHB



## BMI group



## % Overweight/Obese

	Boys	Girls
Abertawe Bro Morgannwg	16%	16%
Aneurin Bevan	22%	14%
Betsi Cadwaladr	18%	15%
Cardiff & Vale	15%	15%
Cwm Taf	29%	17%
Hwyl Dda	26%	14%
Powys	23%	12%

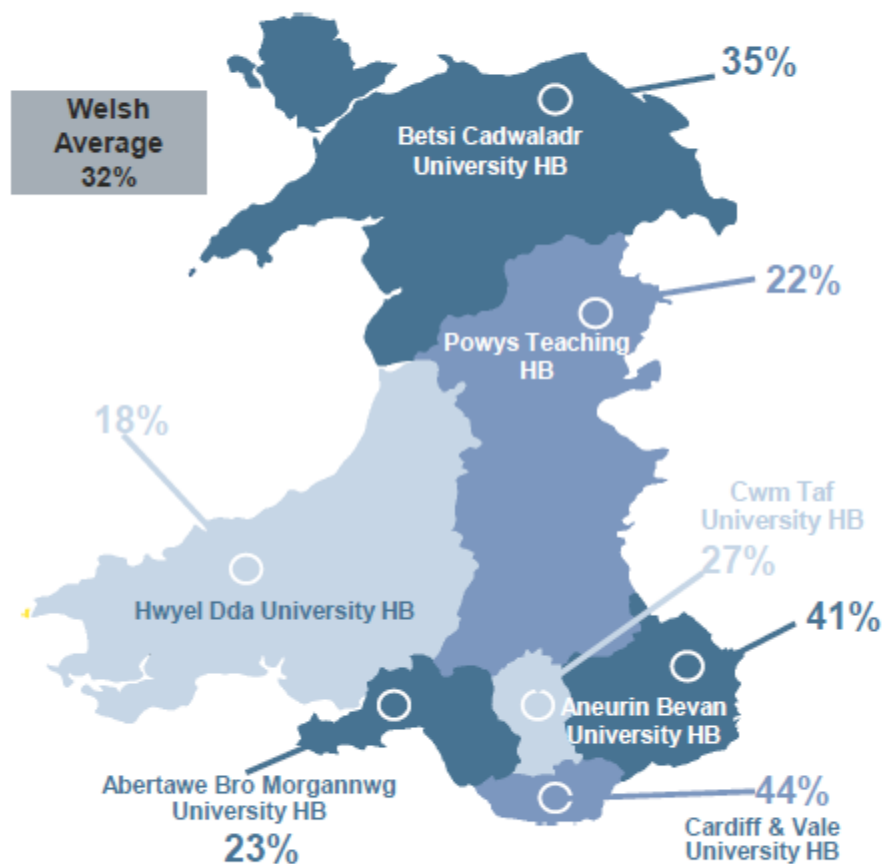
Base: All respondents aged 11 to 16 surveyed between November 2013 and March 2014 (3,617)

Source: Ipsos MORI

# Proportion walking or cycling to school by LHB



*On a typical day is the MAIN part of your journey TO school made by . . . . ?*



## % Walking or cycling

	Boys	Girls
Abertawe Bro Morgannwg	25%	22%
Aneurin Bevan	44%	38%
Betsi Cadwaladr	36%	34%
Cardiff & Vale	48%	40%
Cwm Taf	28%	25%
Hwyel Dda	19%	17%
Powys	22%	23%

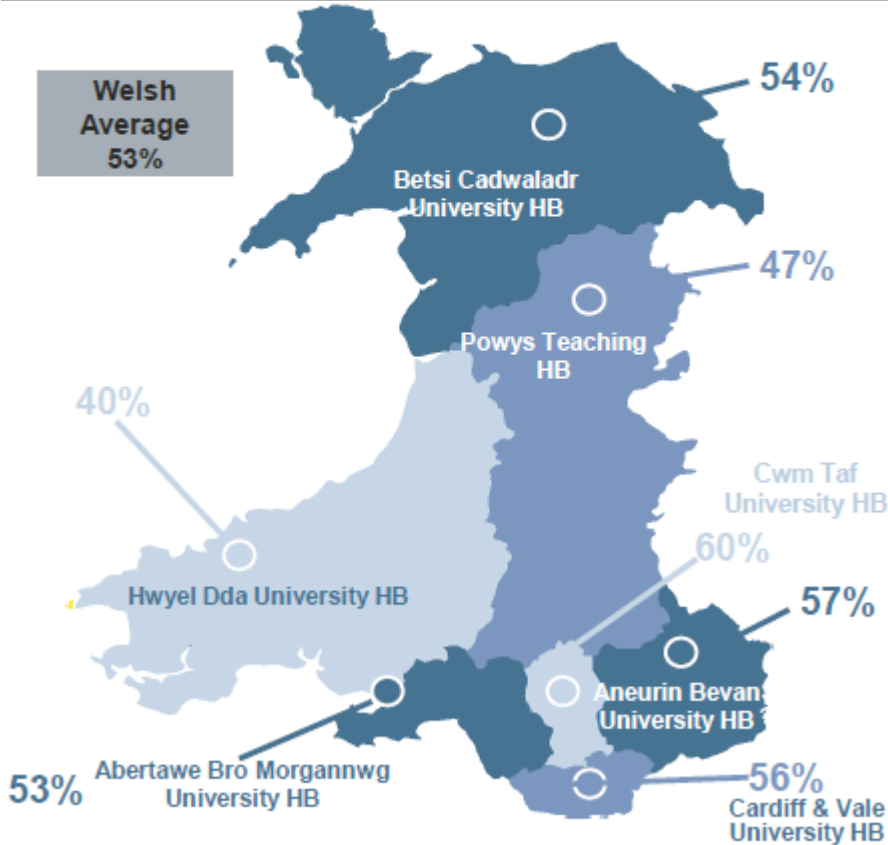
Base: All respondents aged 11 to 16 surveyed between November 2013 and March 2014 (8,754)

Source: Ipsos MORI

# Proportions playing computer games by LHB



**How many hours a day, in your free time, do you usually spend playing games on a computer, games console, tablet, smartphone or other device?**



**% computer games 2+ hours a day - weekdays**

	Boys	Girls
Abertawe Bro Morgannwg	67%	41%
Aneurin Bevan	72%	44%
Betsi Cadwaladr	66%	41%
Cardiff & Vale	68%	44%
Cwm Taf	71%	44%
Hwyel Dda	50%	29%
Powys	55%	38%

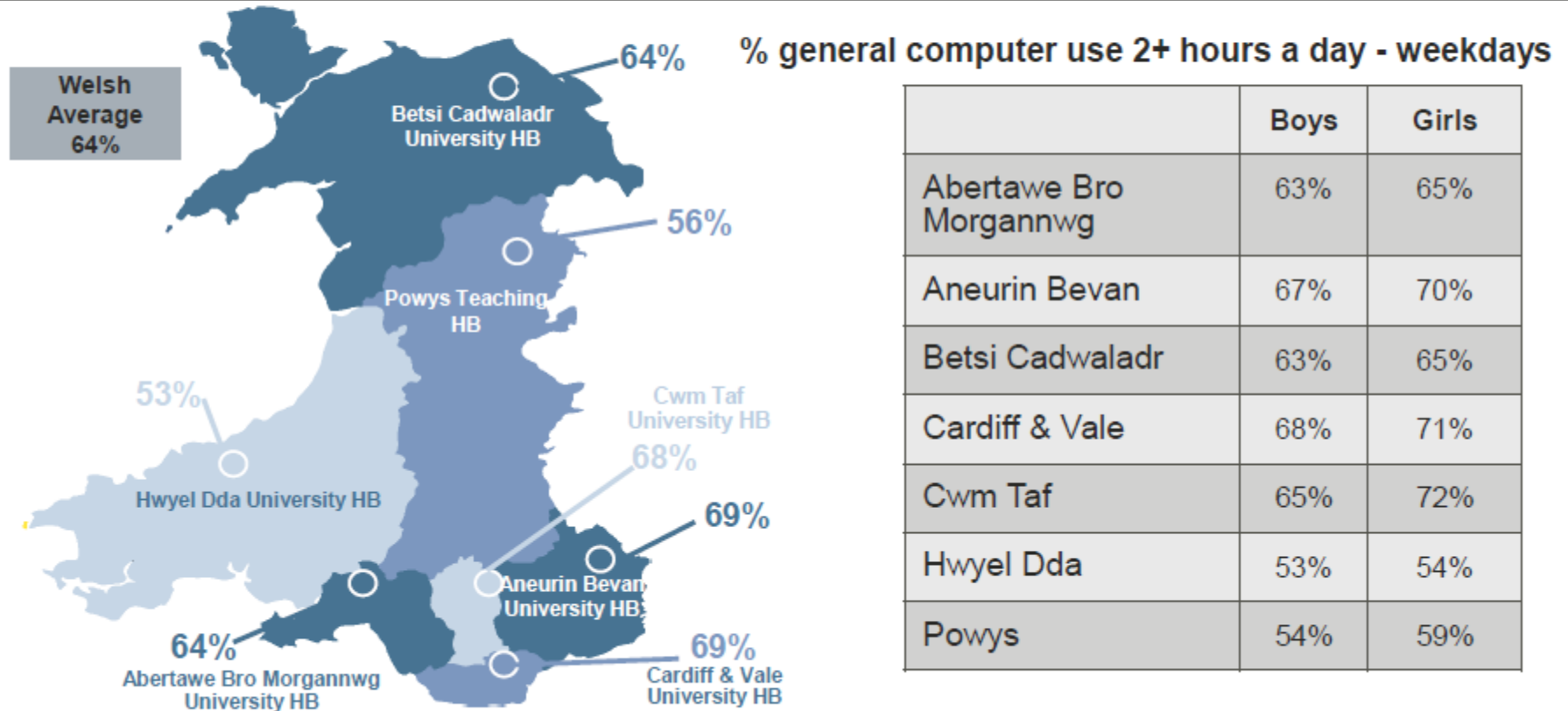
Base: All respondents aged 11 to 16 surveyed between November 2013 and March 2014 (8,545)

Source: Ipsos MORI

# Computer usage by LHB



**How many hours a day, in your free time, do you usually spend using electronic devices such as computers, tablet or smart phones for other purposes, for example homework, emailing, tweeting, Facebook, chatting, surfing the internet?**



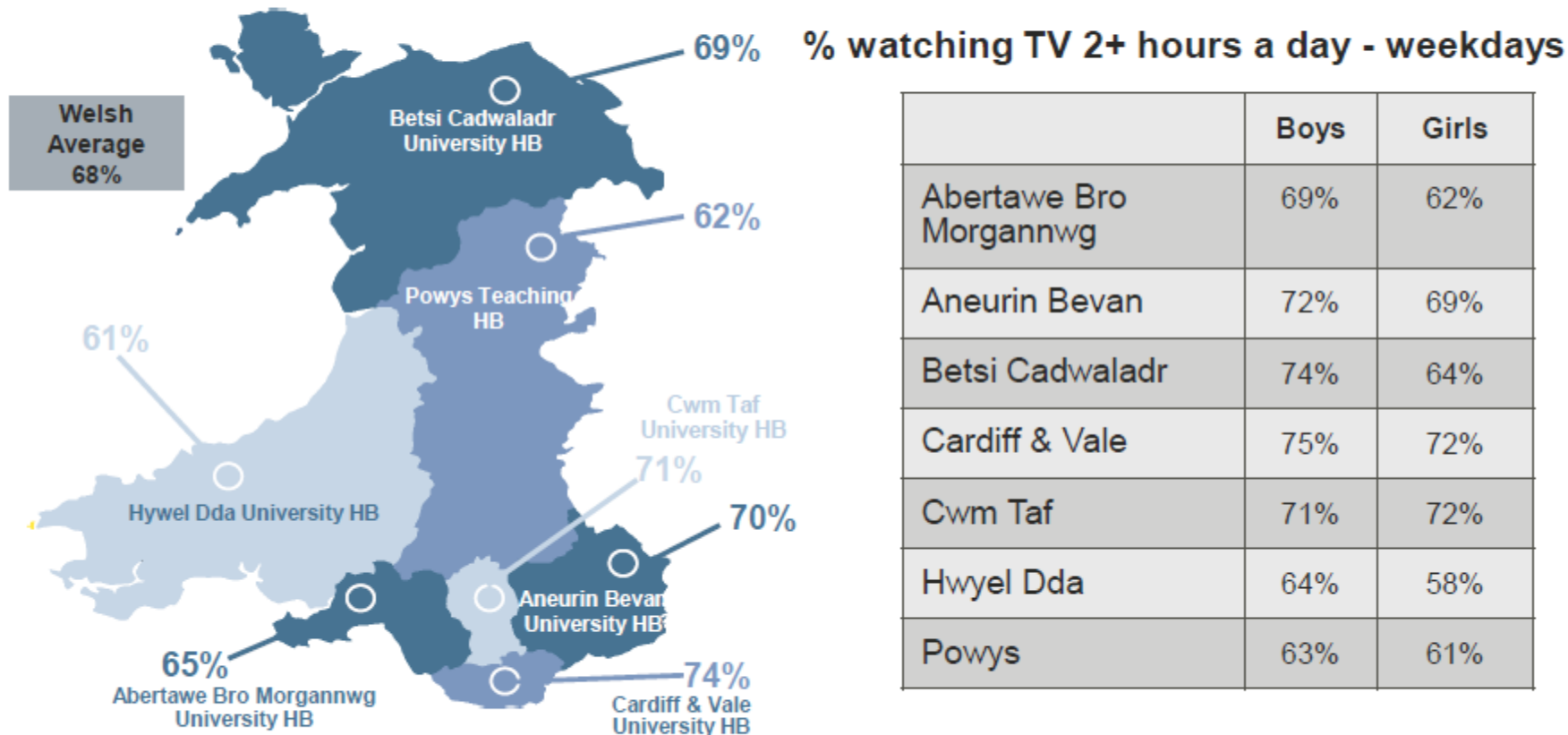
Base: All respondents aged 11 to 16 surveyed between November 2013 and March 2014 (8,553)

Source: Ipsos MORI

# TV Watching by LHB



**How many hours a day, in your free time, do you usually spend watching TV, videos, DVDs, and other entertainment on a screen?**



	Boys	Girls
Abertawe Bro Morgannwg	69%	62%
Aneurin Bevan	72%	69%
Betsi Cadwaladr	74%	64%
Cardiff & Vale	75%	72%
Cwm Taf	71%	72%
Hwyel Dda	64%	58%
Powys	63%	61%

Base: All respondents aged 11 to 16 surveyed between November 2013 and March 2014 (8,605)

Source: Ipsos MORI



# Notes

- For Obese/ overweight measurement pupils reported on their own height and weight measurements.
- Implausible values on height and weight were removed based on thresholds set in the HSBC research protocol
- BMI was calculated separately for boys and girls within each age group using age/sex specific thresholds for overweight and obesity.

# Full Report Available at:

- <http://gov.wales/statistics-and-research/health-behaviour-school-aged-children/?lang=en>





GIG  
CYMRU  
NHS  
WALES

Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

# Welsh Health Survey Healthy Weights Update: The Powys Picture

Powys Public Health Team  
July 2016  
Tessa Morgan

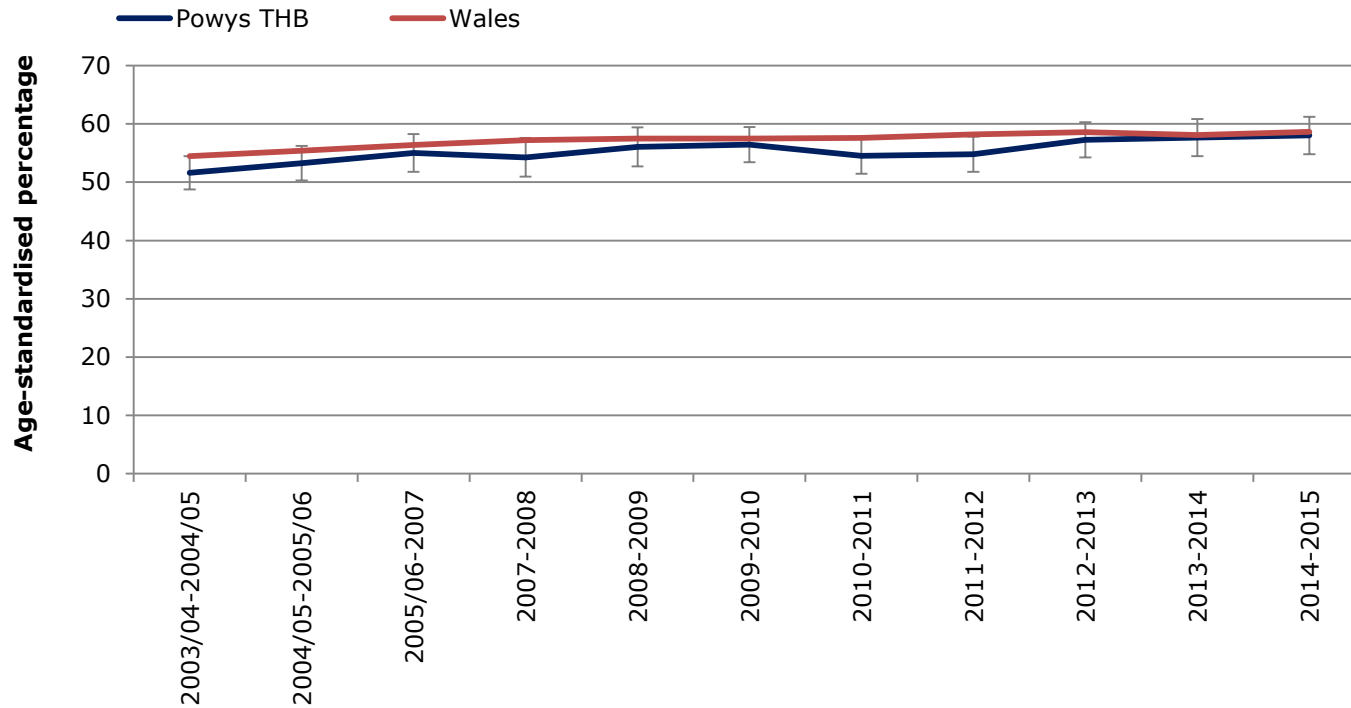
 Statistics  Surveys

**Welsh Health Sur**

# Overweight or Obese



Overweight or obese, Powys THB and Wales, 2003/04 to 2015

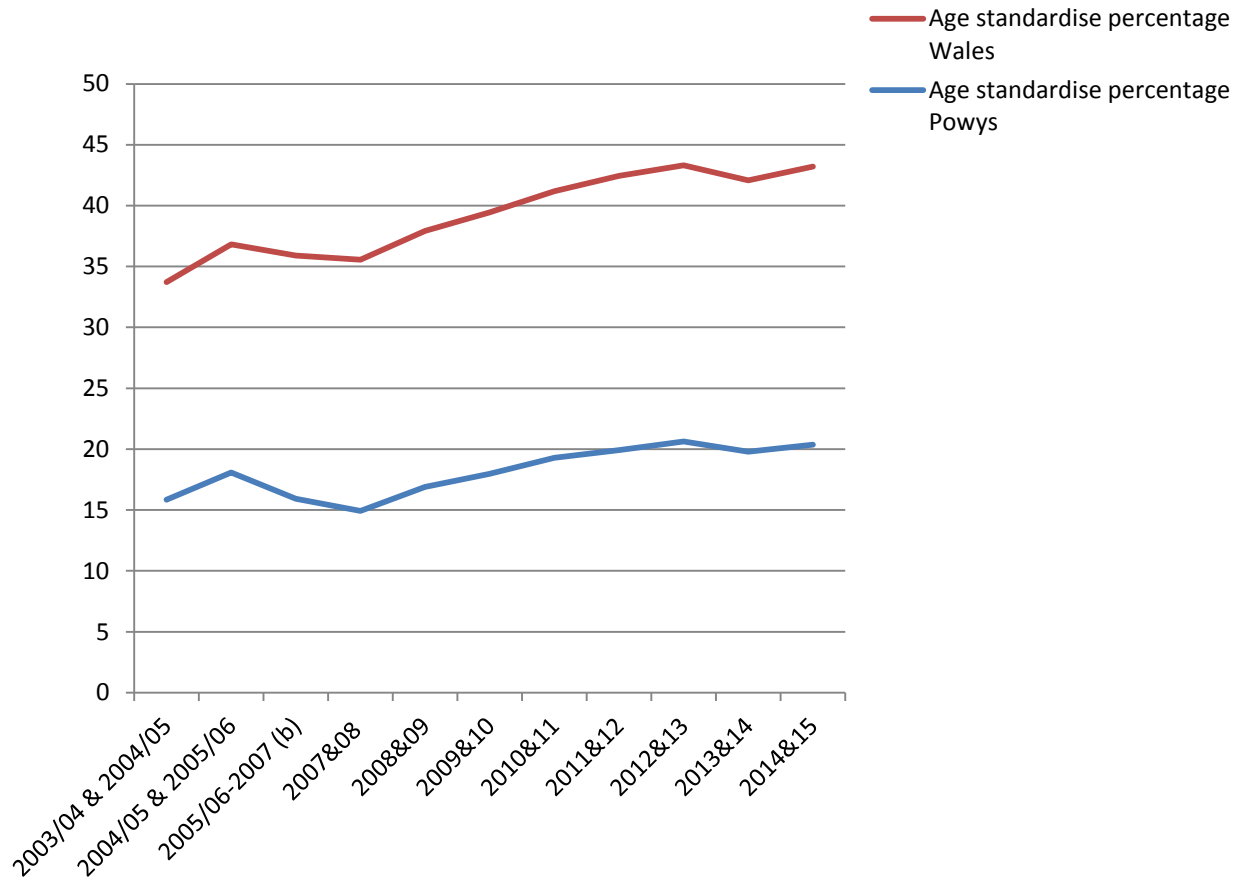


## 2014/15:

- 58% prevalence
- Increase of 0.4% from 2013/14
- 64,254 overweight or obese people in Powys



# Obese

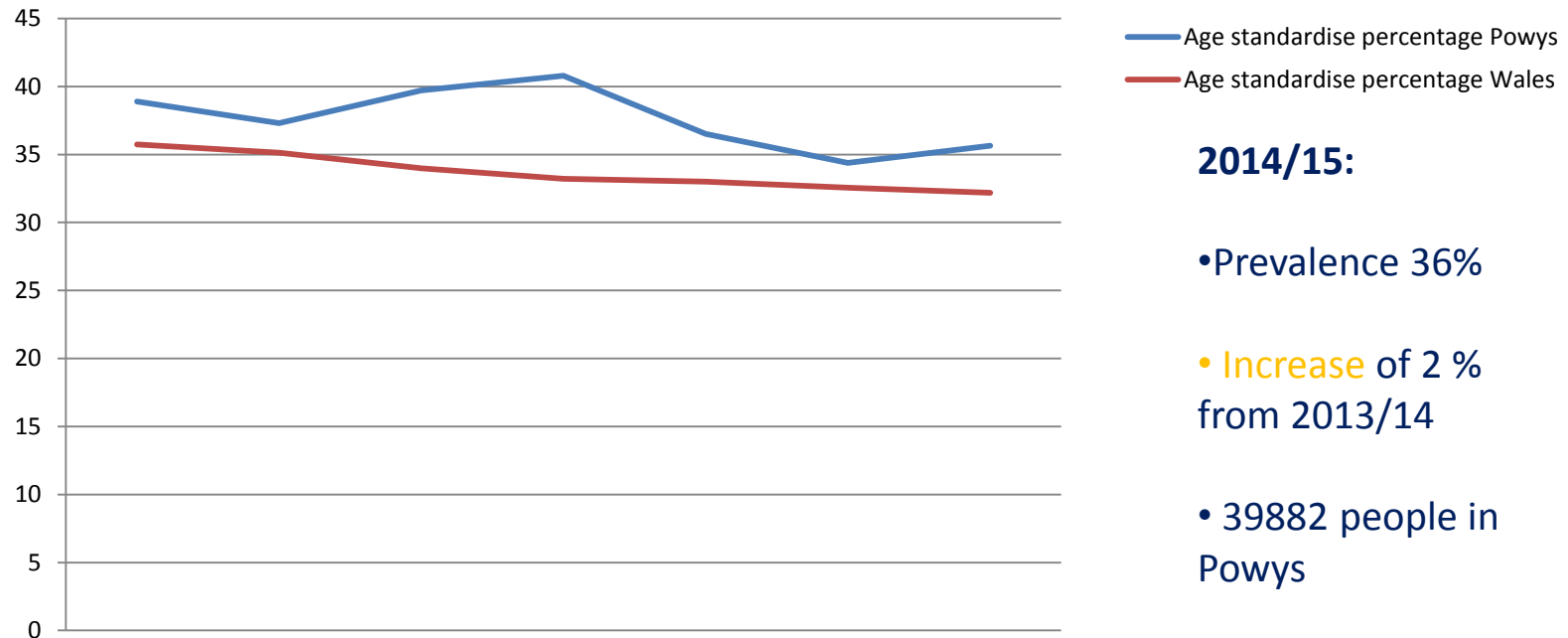


## 2014/15:

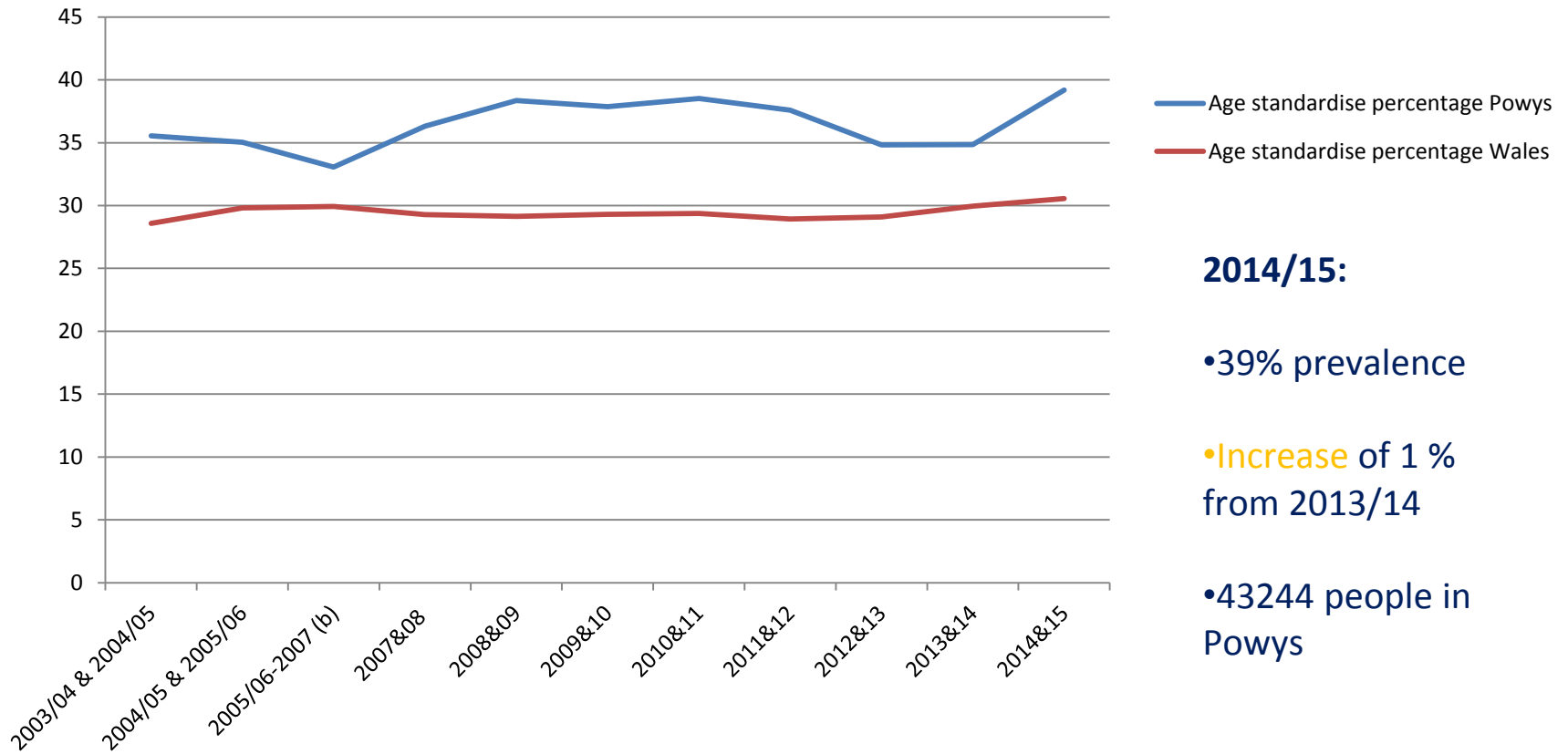
- 20% prevalence
- Increase of 1% from 2013/14
- 22,157 obese people in Powys



# Adults who reported eating five or more portions of fruit and vegetables the previous day (age-standardised)



# Adults who reported being physically active on 5 or more days in the past week (age-standardised)



## 2014/15:

- 39% prevalence

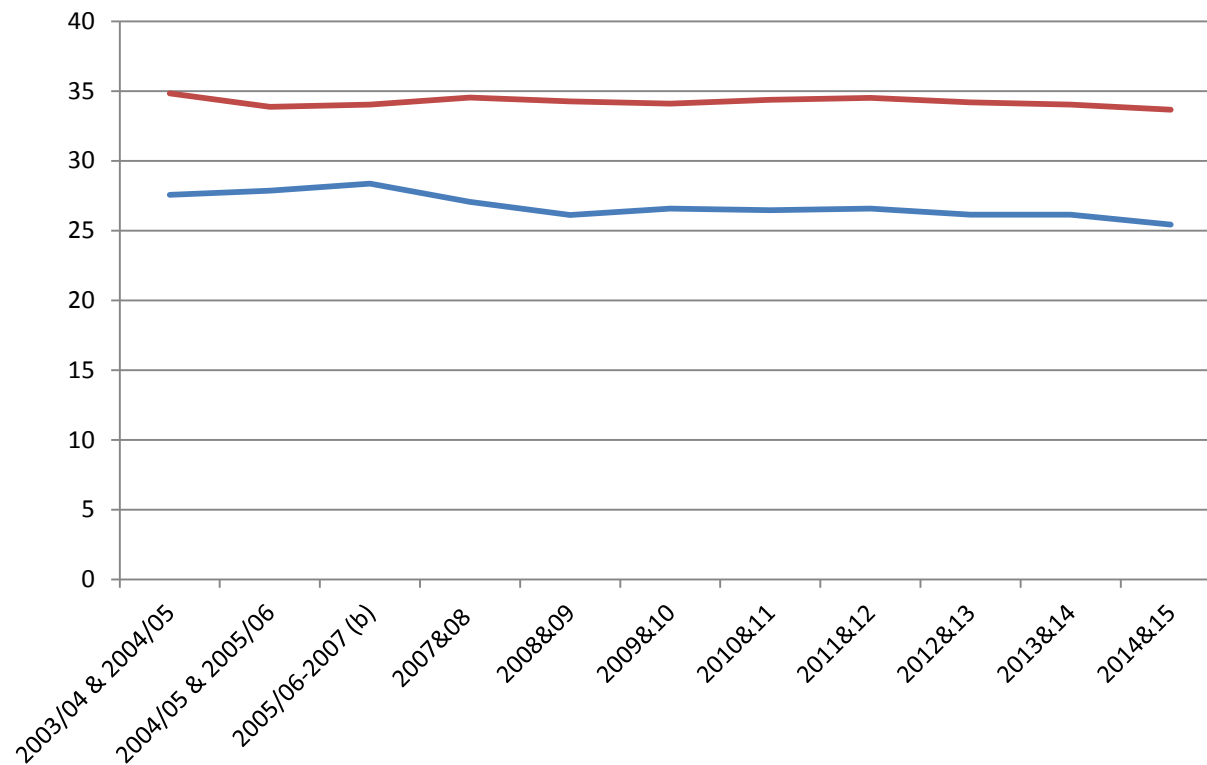
- Increase of 1 % from 2013/14

- 43244 people in Powys





# Adults who reported being physically active on no days in the past week (age-standardised)



— Age standardise percentage Powys

— Age standardise percentage Wales

**2014/15:**

- 25% prevalence

- Increase of 1 % from 2013/14

- 27696 people in Powys









## Annex 3

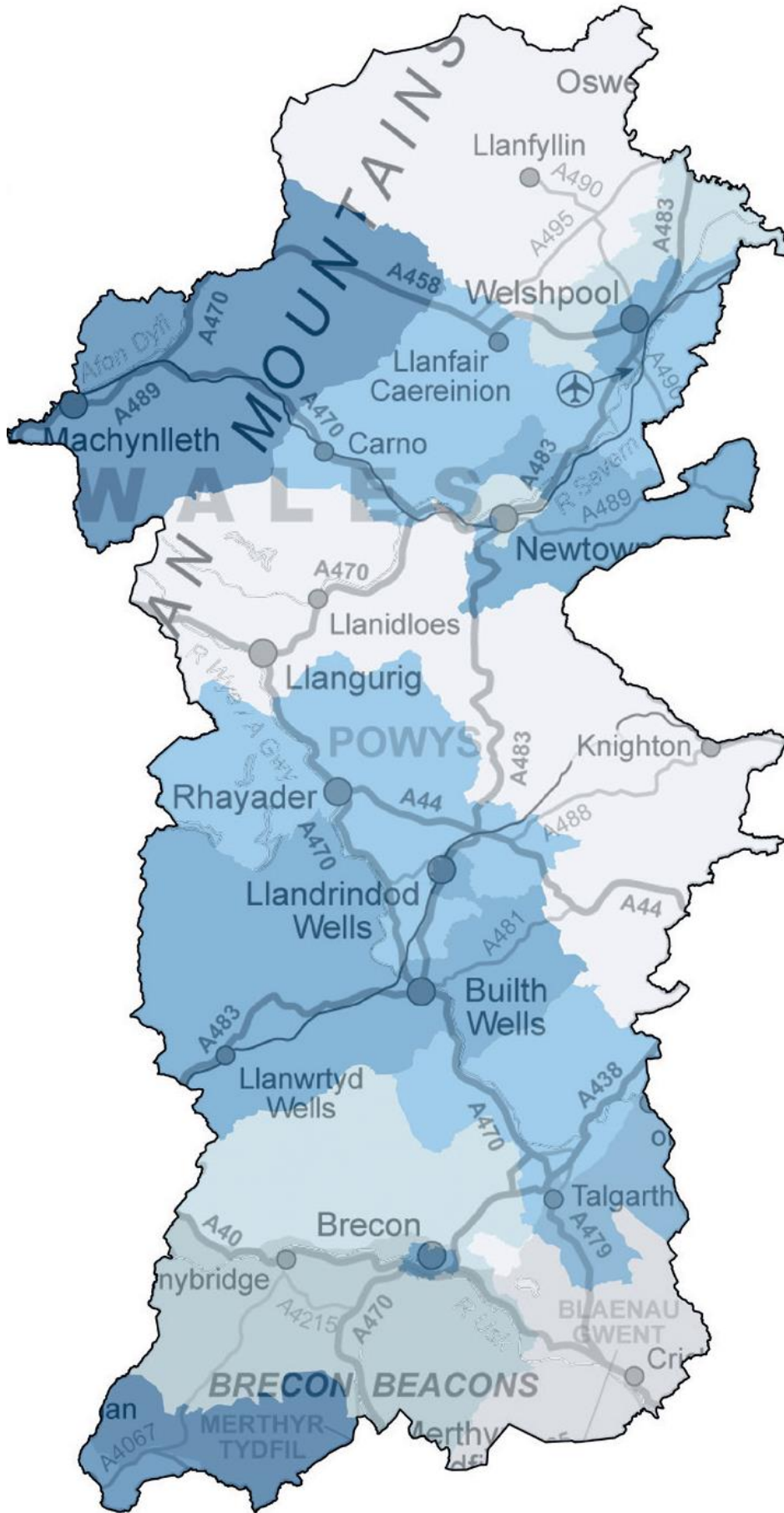
### Powys Teaching Health Board

Powys is the only health board in Wales which is coterminous with a single local authority. While it is one of the largest health boards geographically, it has the smallest population of any of the health boards, and the smallest number of children (1,201) eligible to participate in the Child Measurement Programme. This is little more than a third of the number in the next smallest health board, population-wise (Cwm Taf UHB with 3,511 children). The small number of children in the prevalence categories can magnify the effect of any changes or differences, and make them appear more important than they are. Obesity prevalence in Powys has appeared to be lower than the Welsh average for the last three years (figure 17). However this is the first year (2014/15) that the difference is statistically significant.

### Map 8 Percentage of children aged 4 to 5 years who are obese, Powys THB MSOAs, Child Measurement Programme for Wales, 2012/13-2014/15

Due to smaller sample sizes at MSOA level, caution should be taken when making comparisons between areas.  
Produced by Public Health Wales Observatory, using CMP data (NWIS) © Crown copyright and database right 2016. Ordnance Survey 1000044810

-  13.0 to 15.0 (2)
-  11.0 to <13.0 (5)
-  9.1 to <11.0 (5)
-  7.1 to <9.1 (3)
-  5.1 to <7.1 (4)
-  Local authority boundary



## Physical Literacy Project 2017-18

**Physical Literacy £3,500**

*Outlined below is Powys Physical literacy scheme moving forward. Further discussions will be taking place with partnership organisations in the near future, as this will depend on funding, staff / qualified tutors, step by step evaluations.*

**Physical Literacy Parental Back Pack Scheme**

Who?	Where?	Project Lead	Project description /baseline	Why – what is the evidence?	How – what is the approach?	Post project	Est. proportion of PL budget
Primary Cluster	Machynlleth	Jonathan Roberts / Lynn Benson	Roll out of PL back packs in Reception / Year 1	Based on SSS 2015 results and High Percentage of children age 4 -5 yrs are obese 11.0-<13.0 Powys on Teaching Health Board Map	A 6 week block of intervention for Foundation Phase with 10-15 bags in each school / 40/50 bags per cluster. Each officer will roll out in their cluster primary schools approx. 2-3 per term.	Parent and teacher feedback through books of positive physical activity engagement in and around the home.	AYP Budget / Healthy Schools Grant
Primary Cluster	Ystradgynlais	Martin Kelly	Roll out of PL back packs in Reception / Year 1	Based on SSS 2015 results and High Percentage of children age 4 -5 yrs are obese 11.0-<13.0 Powys Teaching Health Board Map	A 6 week block of intervention for Foundation Phase with 10-15 bags in each school / 40/50 bags per cluster. Each officer will roll out in their cluster primary schools approx. 2-3 per term.	Parent and teacher feedback through books of positive physical activity engagement in and around the home.	AYP Budget / Healthy Schools Grant
Primary Cluster	Llandrindod / Rhayader	Adam Jones / Elin Wozencraft	Roll out of PL back packs in Reception / Year 1	Based on SSS 2015 results and High Percentage of children age 4 -5 yrs are obese 9.1-<11.0 Powys Teaching Health Board Map	A 6 week block of intervention for Foundation Phase with 10-15 bags in each school / 40/50 bags per cluster. Each officer will	Parent and teacher feedback through books of positive physical activity engagement in	AYP Budget / Healthy Schools Grant

Annex 4

					roll out in their cluster primary schools approx. 2-3 per term.	and around the home.	
Primary Cluster	Newtown	Jonny Roberts / Kate Preston	Roll out of PL back packs in Reception / Year 1	Based on SSS 2015 results and High Percentage of children age 4 -5 yrs are obese 9.1-<11.0 Powys Teaching Health Board Map.	A 6 week block of intervention for Foundation Phase with 10-15 bags in each school / 40/50 bags per cluster. Also linking with special school in the area. Each officer will roll out in their cluster primary schools approx. 2-3 per term.	Parent and teacher feedback through books of positive physical activity engagement in and around the home.	AYP Budget / Healthy Schools Grant

Future funding for back packs will depend on further roll out.

## Physical Literacy Community Workshop

Who?	Where?	Project Lead	Project description /baseline	Why – what is the evidence?	How – what is the approach?	Post project	Est. proportion of PL budget
Community Clubs Phase 1 2017	Machynlleth	Jonathan Roberts / Lynn Benson	Roll out of Physical literacy in the Community Workshop through U11 Community Sports Club settings	Based on SSS 2015 results and children between the age of 7 -11 yrs are lacking confidence trying new skills and activities.  High Percentage of children age 4 -5 yrs are obese 11.0-<13.0 Powys on Teaching Health Board Map	A 3 Hour workshop, delivered in each of the clusters with mentoring visits to each club by CSDO's post course.	Clubs applying for PL equipment from Community Chest to support the delivery of the scheme. Increase in children's confidence, ability, balance and coordination.  LB /KH to tutor as JR not attended any Tutor CPD.	Free to clubs, costs to cover facility hire @ £30 ph (£90) Tutor costs (LB) £150. Total £240

Annex 4

<p>Community Clubs Phase 1 2017</p>	<p>Ystradgynlais</p>	<p>Martin Kelly/ Lynn Benson</p>	<p>Roll out of Physical literacy in the Community Workshop through U11 Community Sports Club settings</p>	<p>Based on SSS 2015 results and children between the age of 7 -11 yrs are lacking confidence trying new skills and activities.</p> <p>High Percentage of children age 4 -5 yrs are obese 11.0-&lt;13.0 Powys Teaching Health Board Map</p>	<p>A 3 Hour workshop, delivered in each of the clusters with mentoring visits to each club by CSDO's post course.</p>	<p>Clubs applying for PL equipment from Community Chest to support the delivery of the scheme. Increase in children's confidence, ability, balance and coordination</p> <p>LB to tutor as MK not trained as a PL tutor.</p>	<p>Free to clubs, costs to cover facility hire @ £30 ph (£90) Tutor costs (LB) £150. Total £240</p>
<p>Community Clubs Phase 1 2017</p>	<p>Llandrindod / Rhayader</p>	<p>Adam Jones / Lynn Benson</p>	<p>Roll out of Physical literacy in the Community Workshop through U11 Community Sports Club settings</p>	<p>Based on SSS 2015 results and children between the age of 7 -11 yrs are lacking confidence trying new skills and activities.</p> <p>High Percentage of children age 4 -5 yrs are obese 9.1-&lt;11.0 Powys Teaching Health Board Map</p>	<p>A 3 Hour workshop, delivered in each of the clusters with mentoring visits to each club by CSDO's post course.</p>	<p>Clubs applying for PL equipment from Community Chest to support the delivery of the scheme. Increase in children's confidence, ability, balance and coordination</p> <p>LB /EW to tutor as AJ attended any Tutor CPD.</p>	<p>Free to clubs, costs to cover facility hire @ £30 ph (£90) Tutor costs (LB) £150. Total £240</p>
<p>Community Clubs Phase 1 2017</p>	<p>Newtown</p>	<p>Jonny Roberts / Lynn Benson</p>	<p>Roll out of Physical literacy in the Community Workshop through U11 Community Sports Club settings</p>	<p>Based on SSS 2015 results and children between the age of 7 -11 yrs are lacking confidence trying new skills and activities.</p> <p>High Percentage of children age 4 -5 yrs are obese 9.1-&lt;11.0 Powys Teaching Health Board Map.</p>	<p>A 3 Hour workshop, delivered in each of the clusters with mentoring visits to each club by CSDO's post course.</p>	<p>Clubs applying for PL equipment from Community Chest to support the delivery of the scheme. Increase in children's confidence, ability, balance and coordination</p> <p>LB /KH/TT /EW to tutor and get signed off as an official tutor for this course. JR</p>	<p>Free to clubs, costs to cover facility hire @ £30 ph (£90) Tutor costs (LB) £150. Total £240</p>

Annex 4

						not attended any Tutor CPD.	
Community Clubs Phase 2 <b>2017-18</b>	Builth Wells / Llanfair Caereinion/ Gwernyfed / Brecon / Welshpool	CSDO's	Roll out of Physical literacy in the Community Workshop through U11 Community Sports Club settings	Based on SSS 2015 results and children between the age of 7 -11 yrs are lacking confidence trying new skills and activities.	A 3 Hour workshop, delivered in each of the clusters with mentoring visits to each club by CSDO's post course.	Clubs applying for PL equipment from Community Chest to support the delivery of the scheme. Increase in children's confidence, ability, balance and coordination	Free to clubs, costs to cover facility hire @ £30 ph (£90) Tutor costs (LB) £150. Total £240 x5
Community Clubs Phase 3 <b>2018</b>	Llanidloes/ Llanfyllin/ Crickhowell / Knighton-Presteigne.	CSDO's	Roll out of Physical literacy in the Community Workshop through U11 Community Sports Club settings	Based on SSS 2015 results and children between the age of 7 -11 yrs are lacking confidence trying new skills and activities.	A 3 Hour workshop, delivered in each of the clusters with mentoring visits to each club by CSDO's post course.	Clubs applying for PL equipment from Community Chest to support the delivery of the scheme. Increase in children's confidence, ability, balance and coordination	Free to clubs, costs to cover facility hire @ £30 ph (£90) Tutor costs (LB) £150. Total £240 x 4
Other Organisations <b>2018-19 and beyond</b>	Nursery / Cylch's etc	CSDO's to work with established tutors after they have rolled out Phase 1 of Community Clubs settings	Roll out of Physical literacy in the Community Workshop through other young people's settings	Based on SSS 2015 results and children between the age of U11's yrs are lacking confidence trying new skills and activities.	A 3 Hour workshop, delivered in each of the clusters with mentoring visits to each setting by a CSDO's post course.	Settings applying for PL equipment from Community Chest to support the delivery of the scheme. Increase in children's confidence, ability, balance and coordination	Free to settings, costs to cover facility hire @ £30 ph (£90) Tutor costs (LB) £150. Total £240  2 x DMSS bag @ £270 x13 clusters = <b>£7,020.00</b> based on 2 settings per



## Annex 4

							cluster. Would have to source funding
Other Organisations  <b>2018 and beyond</b>	Brownie's / Scouts	Future planning needed.					Funding needed
Other Organisations  <b>2018 and beyond</b>	Libraries	Future planning needed					Funding needed to be sourced.

Maths –

PL in Comm. £90 facility hire / £150 tutor costs = £240

£240 x 13 clusters £3120.00 ( + travel costs (£380) = £3,500

Above is based on 4 tutors being signed off. (Lynn Benson, Tricia Turner, Katie Hamer & Elin Wozencraft).

Questions;

When will Sport Wales offer future tutor training for officers?

Will Community Chest support U11 clubs applying for DMSS bags?