

**Report of the Cabinet Member for Wellbeing and Healthy City  
Prevention and Social Care Reform Cabinet Advisory Committee  
– 17 October 2016**

**INVESTIGATION INTO HEALTH AND DIET IN SWANSEA**

Aim

To decide what can be done to develop a multi-agency approach the dietary causes of long term health problems in Swansea. A key element to this would be public support.

Why

The UK has amongst the poorest record of health conditions caused by diet in the world, poorer even than America. In the UK, Wales again has amongst the poorest record. Parts of Swansea have amongst the worst records in Wales. This has to be acknowledged as a serious problem, affecting the quality of many citizen's lives, their ability work and otherwise to contribute to their communities and Society, and causes a large preventable use of limited public resources, both in Health or in Social Services.

Prevention of the many damaging effects of poor diet and the consequent additional demands for limited resources and will enable more people to continue to work adding to a vibrant city economy. They will avoid poverty brought on by illness of disability and be able to participate more in sustainable communities. As the elected element within the Locals Service Board it is council's job to be promoting the Health and Wellbeing of its citizens.

To analyse

- how the various issues affect health, such as sugar, calories, fat, portion sizes, salt.
- the effects of these such as childhood obesity, obesity, diabetes, heart attacks
- determine who in Swansea would need to work together to address these, which angle to approach the issue from to have the most effect in the shortest time, what others may have tried elsewhere.
- What work is currently being undertaken in Swansea and who is doing it.

Outcome

- What issue to address
- How best to address the issue, particularly with the most at risk groups
- who to work with
- what outcomes might be expected
- when

## Timescale

To Start in October 2016, and finish by April 2017.

## **Note**

This is a very large subject, and a strategy is not expected, and certainly not a plan of action, but an understanding and explanation of the issue and proposed focus on how we can make a difference in Swansea is what is expected.

This is not to address levels of activity, although that is acknowledged as one factor.