

CITY AND COUNTY OF SWANSEA

NOTICE OF MEETING

You are invited to attend a Meeting of the

PREVENTION AND SOCIAL CARE REFORM CABINET ADVISORY COMMITTEE

At: Committee Room 5, Guildhall, Swansea

On: Monday, 20 March 2017

Time: 2.00 pm

Chair: Councillor Mandy Evans

Membership:

Councillors: J C Bayliss, U C Clay, J P Curtice, E J King, E T Kirchner, H M Morris, R V Smith and T M White

AGENDA

Page No.

- 1 **Apologies for Absence.**
- 2 **Disclosures of Personal and Prejudicial Interests.**
<http://www.swansea.gov.uk/DisclosuresofInterests>
- 3 **Minutes.** 1 - 2
To approve & sign the Minutes of the previous meeting(s) as a correct record.
- 4 **Presentation - Population Assessment.**
Sara Harvey, Western Bay Regional Programme Director
- 5 **Health and Diet in Swansea - Sugar.** 3 - 8
Councillor Mark Child, Cabinet Member for Wellbeing and Healthy City
- 6 **Feedback from Carers. (Verbal)**
- 7 **Work Programme 2016-17.** 9 - 10

Next Meeting: To be confirmed



Huw Evans
Head of Democratic Services
Monday, 13 March 2017

Contact: Democratic Services: - 63692

CITY AND COUNTY OF SWANSEA

MINUTES OF THE PREVENTION AND SOCIAL CARE REFORM CABINET ADVISORY COMMITTEE

HELD AT COMMITTEE ROOM 5, GUILDHALL, SWANSEA ON MONDAY,
20 FEBRUARY 2017 AT 2.00 PM

PRESENT: Councillor V M Evans (Chair) Presided

Councillor(s)

J P Curtice
T M White

Councillor(s)

E J King

Councillor(s)

R V Smith

Also Present

Councillor J E C Harris Cabinet Member for Adults and Vulnerable People

Officer(s)

Kate Jones
Allison Lowe
Chris Sivers
Jane Whitmore

Democratic Services Officer
Democratic Services Officer
Director of People
Partnership, Performance & Commissioning Manager

Apologies for Absence

Councillor(s): J C Bayliss, U C Clay, E T Kirchner and H M Morris

48 **DISCLOSURES OF PERSONAL AND PREJUDICIAL INTERESTS.**

In accordance with the Code of Conduct adopted by the City and County of Swansea, no interests were declared.

49 **MINUTES.**

RESOLVED that the Minutes of the previous meeting held on 16 January 2017 be approved and signed as a correct record.

50 **PRESENTATION - MAKING HUMAN RIGHTS REAL FOR OLDER PEOPLE.**

A presentation on 'Making Human Rights Real for Older People' was provided by Chris Sivers, Director of People.

The Committee asked questions of the Presenting Officers who responded accordingly. Questions and discussions centred around: -

- Network 50+
- Training on dementia for all front line staff
- Equality Impact Assessment process
- Ways to combat and reach those who are lonely and isolated

- Effect of Anti-Social behaviour
- Greater Cross generational working.
- Benefits and limitations of Local Area Co-ordination
- Promotion and awareness of Older Peoples Commissioner for Wales
- Partnership working with the Fire Service on 'make every contact count initiative'
- Greater partnership working with the Council to link up housing, social services and other relevant departments.
- Difficulty in contacting the Council with increasing digital contact and web based information.
- Re-group 50+ into smaller age groups to recognise different needs.
- Training on ill health
- Feedback from Older People on waste collections, particularly the Assisted Delivery Service as well as their experiences of the Contact Centres is quite negative.
- Partnership working with Police Community Support Officers
- Youth Neighbourhood Watch Scheme
- Crime and Disorder – Progress on Safer Swansea Partnership Performance is on the Agenda for Scrutiny Programme Committee on 9 March 2017 at 4.30, Committee Room 3A.

RESOLVED that the contents of the presentation be noted.

51 **WORK PROGRAMME 2016-17.**

The Chair provided the Work Programme 2016-2017 report.

RESOLVED: -

- 1) The following items be added to the Work Programme for 20 March 2017:-
 - Feedback on the results of the Domiciliary Care Consultation (verbal)
 - Health and Diet in Swansea (Sugar)
 - Update on the Mental Health Commissioning Review (verbal)
 - Update on the Learning Difficulties Commissioning Review (verbal)
 - Update on Monmouthshire County Council (report)
 - Update on Direct Payments (report)
 - Presentation on Population Assessment.
- 2) The following items be added to the Work Programme for 10 April 2017: -
 - CCTV
 - Feedback from informal meeting with Carers
 - Final summary report of the Prevention and Social Care Cabinet Advisory Committee.

The meeting ended at 3.23 pm

CHAIR

**REPORT OF THE CHAIR
PREVENTION AND SOCIAL CARE REFORM CABINET ADVISORY COMMITTEE
- 20 MARCH 2017
HEALTH AND DIET IN SWANSEA - SUGAR**

SUGAR IN OUR DIETS

Most adults and children in the UK eat too much sugar. Cut down by eating fewer sugary foods, such as sweets, cakes and biscuits, and drinking fewer sugary drinks.

Many people can often be heard saying they have a 'sweet tooth' or are 'addicted to sugar'.

These common sayings highlight just how big a part of our daily diet sugar has become over the years.

From breakfast cereals and pastries to soft drinks and snacks, thousands of food and drink products contain added sugars, with the supply of these products driven by people's ever-increasing demand for sweet produce.

A preference for sweet food starts at an early age and remains with us throughout our lives. We even have scores of taste buds dedicated only to tasting sweetness.

However, the role of sugar in our diet is a controversial topic, as high intake of the substance can contribute to a number of health problems.

Most people are aware of the fact that too much sugar can lead to:
Tooth decay
Weight gain
Obesity-related complications including type 2 diabetes, hypertension and heart disease.

The kind of sugar we eat too much of is known as "free sugars". Free sugars are any sugars added to food or drinks, or found naturally in honey, syrups and unsweetened fruit juices.

Many foods and drinks that contain added sugars can be high in energy (measured in either kilojoules/kJ or calories/kcal) and often have few other nutrients. Eating these foods too often can mean you eat more calories than you need, which can lead to weight gain and obesity.

Adults are advised not to eat more than 30g of free sugars a day, which is roughly seven sugar cubes. Children should have less than this.

Sugary foods and drinks can also cause tooth decay, especially if you eat them between meals. The longer the sugary food is in contact with teeth, the more damage it can cause.

The sugars found naturally in whole fruit are less likely to cause tooth decay, because the sugars are contained within the structure of the fruit. But when fruit is

juiced or blended, the sugars are released. Once released, these sugars can damage teeth, especially if fruit juice is drunk frequently. When fruit is dried, some sugars can be released, and dried fruit has a tendency to stick to teeth.

Your combined total of drinks from fruit juice, vegetable juice and smoothies should not be more than 150ml a day – which is a small glass. For example, if you have 150ml of orange juice and 150ml smoothie in one day, you'll have exceeded the recommendation by 150ml.

Remember to keep juice and smoothies to mealtimes, as they can cause tooth decay. Watch out for drinks that say "juice drink" on the pack, as they are unlikely to count towards your 5 A DAY and can be high in sugar.

Try to swap dried fruit for fresh fruit. To reduce the risk of tooth decay, dried fruit is best enjoyed as part of a meal, such as dessert, and not as a between-meal snack.

The government recommends that free or added sugars shouldn't make up more than 5% of the energy (calories) you get from food and drink each day. That's a maximum of 30g of added sugar a day for adults, which is roughly seven sugar cubes.

Children should have less – no more than 19g a day for children aged 4 to 6 years old (5 sugar cubes), and no more than 24g (6 sugar cubes) for children aged 7 to 10 years old.

Added sugars are found in foods such as sweets, cakes, biscuits, chocolate, and some fizzy drinks and juice drinks – these are the sugary foods we should cut down on. For example, a can of cola can have as much as 9 cubes of added sugar.

Even if we don't see the word 'sugar' listed in the ingredients, it's often there, but under a different name. Look for any of the following words, which indicate that sugar has been added.

Glucose
Sucrose
Maltose
Honey
Molasses
Maple syrup
Glucose syrup
Hydrolysed starch
Corn syrup
Agave nectar
Coconut palm sugar
Treacle

Sugars also occur naturally in foods such as fresh fruit and milk, but we don't need to cut down on these types of sugars.

For a healthy, balanced diet, cut down on foods and drinks containing added sugars. These tips can help you to cut down.

Instead of sugary fizzy drinks or sugary squash, go for water, lower-fat milks, or sugar-free, diet and no added sugar drinks. Remember that even unsweetened fruit juice is sugary, so limit the amount you have to no more than 150ml a day.

If you prefer fizzy drinks, try diluting fruit juice with sparkling water.

If you take sugar in hot drinks or add sugar to your breakfast cereal, gradually reduce the amount until you can cut it out altogether.

Rather than spreading jam, marmalade, syrup, treacle or honey on your toast, try a lower-fat spread, sliced banana or lower-fat cream cheese instead.

Check nutrition labels to help you pick the foods with less added sugar, or go for the lower-sugar version.

Try halving the sugar you use in your recipes – it works for most things except jam, meringues and ice cream.

Choose tins of fruit in juice rather than syrup.

Choose wholegrain breakfast cereals, but not those coated with sugar or honey.

Nutrition labels often tell you how much total sugar a food contains, but they don't tell you the amount of "free sugars". You can compare labels and choose foods that are lower in total sugar.

Look for the "Carbohydrates (of which sugars)" figure in the nutrition label.

- high – over 22.5g of total sugars per 100g

- low – 5g of total sugars or less per 100g

If the amount of sugars per 100g is between these figures, that is regarded as a medium level

This includes labels that use red, amber and green colour-coding and advice on reference intakes (RI) of some nutrients, which can include sugar.

Labels that include colour-coding allow you to see at a glance if the food is high, medium or low in sugars.

Red = high

Amber = medium

Green = low

Look at how many teaspoons of sugar are in these products:

330ml bottle of pure orange juice = 7

500g jar of pasta sauce = 8

2 scoops of low-fat ice cream = 3

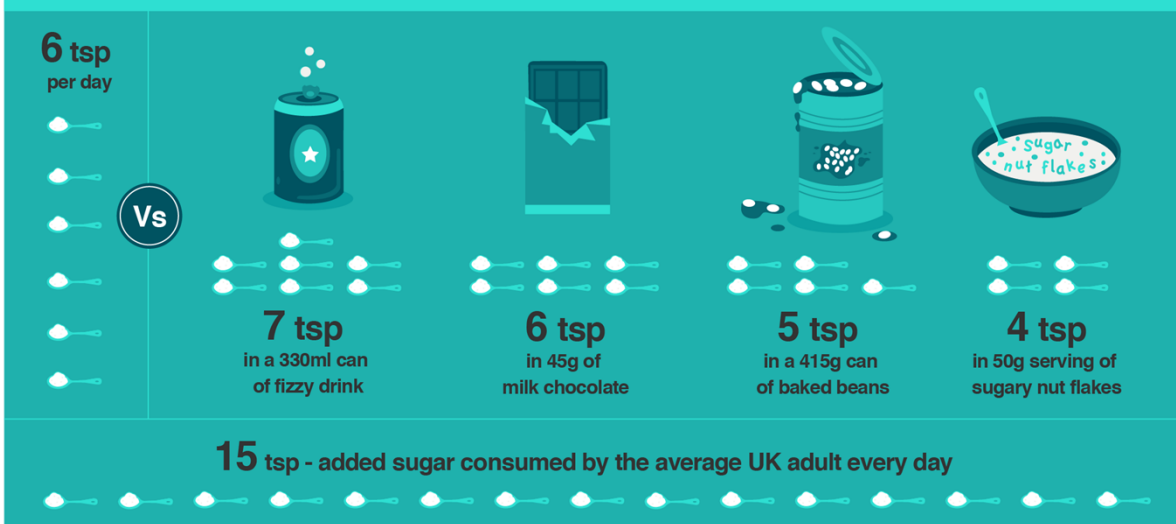
500ml flavoured mineral water = 6

Coffee shop standard hot chocolate and cream = 10

Skinny blueberry muffin = 6

SUGAR BY NUMBERS

The World Health Organisation recommends we aim to consume no more than 6 tsp of free sugar per day



Sugar swaps

Beat cravings with fat and protein

Swap sugary drinks for fizzy water

Try sugar substitutes

Look out for hidden sugars

References

<http://www.bbc.co.uk/guides/ztfpn39>

<http://www.nhs.uk/Livewell/Goodfood/Pages/sugars.aspx>

<https://www.diabetes.org.uk/Guide-to-diabetes/Enjoy-food/Carbohydrates-and-diabetes/how-to-cut-down-on-sugar/>

Sugars: Learn More, Eat Less

Excess sugar intake is linked to an increased risk of tooth decay, weight gain and type 2 diabetes. In particular, the type of sugars that we eat too much of are called **'free sugars'**. These are mainly sugars which have been added to food and drinks and provide excess calories with limited nutritional value. Some nutritious foods and drinks however, like fruit and milk, contain naturally occurring sugars and it is important not to confuse these with the 'free' sugars in our diets. Read on to learn what free sugars are and some top tips for consuming less.

What Are 'Free Sugars'?

Working out what free sugars are takes some practice. It is healthier to eat fruit and vegetables whole - whether fresh, frozen or dried - because when a fruit or vegetable is processed (e.g. into a smoothie, fruit juice or puree) the sugars become free sugars. Milk and milk based products contain a naturally occurring sugar (lactose), but any sugars added to create flavour are free sugars (e.g. in a chocolate milkshake or flavoured yoghurt). Honey, other syrups and nectars are free sugars and so if you're looking to cut down your sugar intake, they are not a useful substitute.

Free Sugars ARE:

- Added sugars including **honey, syrups** and **nectars**.
- All sugars in drinks (except from the lactose in milk drinks), including in **smoothies** and **fruit and vegetable juices** and added sugars in **flavoured milkshakes** and **milk substitutes**, like **rice and almond drink**.
- All sugars in **jams, marmalades, fruit spreads** and **conserves**.
- All sugars in **fruit and vegetable purees**.



Free Sugars ARE NOT:

- Sugars naturally present in **whole, dried, frozen** and **canned fruit and vegetables**.
- Sugars naturally present in **stewed fruit and vegetables**.
- Natural sugars in milk and milk products (**milk, cream, cheese** and **plain yoghurt**).
- Natural sugars in **cereal grains, nuts** and **seeds**.



Check Ingredients

It is hard to tell the difference between the amounts of free and naturally occurring sugars that a product contains, because the RI refers to total sugars. Check the ingredient list: if sugar, glucose, honey, syrups and fruit juice concentrates appears in the top three ingredients then it is high in free sugars.

Portion Size

Often, the sugar content on the front of the packet refers to a serving that is smaller than the amount that you may eat or drink. You can reduce your sugar intake by eating and drinking a smaller portion.

Did You Know?

- 150ml of a fruit juice or smoothie counts as one of your 5-A-DAY, but no more! It's healthier to eat fruit and veg than to drink it.
- The daily maximum recommended intake of free sugars is less than 7 teaspoons for an adult and 5 - 6 for a child.
- Sugary drinks are the biggest contributor of free sugars in the diets of children and adolescents.
- We currently consume 2 - 3 times more free sugars than is recommended for our health.

Sugar Smart Shopping

Many everyday nutritious foods like breakfast cereals, which contain fibre and important vitamins, can be high in sugar. Checking food and drink labels allows you to spot these sneaky sugars and compare products and brands to make healthier choices. Some companies make label reading easier by using either colour-coded labelling or Reference Intakes on the front of packaging. Sugar is reported on packaging as **total sugars**, which includes both naturally occurring and free sugars.

Colour-coded Labelling

Colour-coded labelling makes it easy to see at a glance if a product is high (**red**), medium (**amber**) or low (**green**) in total sugars, fat, saturates and salt.

Guidelines for drinks are different to food because they don't make us feel full and so are easy to over-consume.

	LOW (green)	MEDIUM (amber)	HIGH (red)	HIGH (red) Per Portion
Total sugars in food per 100g	5g or less	More than 5g Less than 22.5g	22.5g or more	More than 27g (if serving size exceeds 100g)
Total sugars in drinks per 100ml	2.5g or less	More than 2.5g Less than 11.25g	11.25g or more	More than 13.5g (if serving size exceeds 150ml)

Reference Intakes

Reference Intakes (RIs) are general guidelines for the average amount of energy and certain nutrients that adults should not exceed in a day, and are stated as a percentage (%). Remember the RI for sugars is a **maximum of the total daily intake (90g) and not of the recommended maximum for free sugars (30g)**. If you're buying for children, the RIs for children are far lower than for adults.



www.actiononsugar.org



Action On Sugar



@actiononsugar



Use this guide to make healthy choices when shopping

To consume less free sugars, saturated fat and salt, choose more food and drinks from the green column and less from the amber and red.

Limit these foods and drinks

Bread, cereals and starchy foods:

Sugar-coated cereals; Cereal bars;
Pizzas;
Buns; Pastries; Biscuits.

Dairy:

Whole milk; Flavoured milk;
Flavoured yoghurt and fromage frais with added sugars;
Ice Cream.

Fats and oils:

Some fats e.g. butter, ghee, dripping, lard, suet;
Some oils e.g. palm and coconut;
Pastry.

Meat, fish and vegetarian alternatives:

Meat or fish in high sugar sauce e.g. sweet and sour sauce/chutney;
Some curries;
Processed meat; Frozen meats;
Meat pies and sausage rolls; Meat free sausage rolls and pies.

Fruits and vegetables:

Pre-prepared vegetable dishes in sauces e.g. sweet and sour sauce;
Canned fruits in syrup;
Fruit puddings e.g. apple crumble.

Desserts and snacks:

Cakes; Biscuits; Confectionery;
Ice cream; Jelly;
Hot chocolate; Chocolate mousse; Milk chocolate;
Meringue; Sweet popcorn.

Drinks:

Energy drinks; Carbonated sugar-sweetened drinks;
100% fruit juice; Smoothies; Fruit juice from concentrate; Squash;
Flavoured milk; Flavoured water with added sugar.

Cook-in sauces, table sauces and spreads:

Spreads e.g. chocolate spread; jam;
Table sauces e.g. BBQ sauce, ketchup, sweet and sour sauce, sweet chilli sauce;
Some pasta and curry sauces;
Condiments e.g. chutneys.

Check the label

Bread, cereals and starchy foods:

Breakfast cereals;
Pasta with sauces.

Dairy:

Milk substitutes e.g. soya and almond drink;
Some flavoured yoghurts.

Fats and oils:

Low fat spreads;
Some spreads e.g. peanut butter.

Meat, fish and vegetarian alternatives:

Breaded poultry;
Fish cakes; Fish in batter;
Ready meals.
Baked beans.

Fruit and vegetables:

Salad with high-sugar dressing;
Processed potatoes e.g. croquettes, waffles, oven chips;
Processed fruit snacks;
Some ready-made vegetable soups;
Ready meals.

Desserts and snacks:

Some cereal bars; fruit buns; tea cakes; fruit cakes;
Some biscuits;
Dark chocolate.

Drinks:

Some fruit juice (watered down);
Low-sugar soft drinks;
Low-sugar squash.

Cook-in sauces, table sauces and spreads:

Spreads e.g. reduced-sugar jam;
Pasta and curry sauces.

Choose these foods and drinks more often

Bread, cereals and starchy foods:

Sugar-free breakfast cereals; Porridge;
Bread including rye and soda; Pasta;
Grains e.g. couscous, bulgur wheat, quinoa, gnocchi, rice;
Potatoes and plantain.

Dairy:

1% fat milk; skimmed milk;
Plain yoghurt;
Fromage frais.

Fats and oils:

Some oils e.g. olive, rapeseed, canola, peanut, sunflower, sesame, corn oils.

Meat, fish and vegetarian alternatives:

Fresh, lean meat and white or oily fish;
Tinned fish in water;
Tofu;
Soya mince.

Fruit and vegetables:

Fresh, frozen and dried fruits, vegetables and pulses;
Tinned fruit and vegetables in water.

Desserts and snacks:

Sugar-free jelly;
Plain popcorn;
Plain yoghurt with fruit;
Fruits, dried fruits and fruit salad without added sugars;
Unsalted nuts and seeds.

Drinks:

Water; Sparkling water;
Skimmed milk,
Tea without sugar; Coffee without sugar.

Cook-in sauces, table sauces and spreads:

Lemon juice;
Herbs and spices;
Low-sugar gravy.

Report of the Chair

Prevention & Social Care Reform Cabinet Advisory Committee – 20 March 2017 PREVENTION & SOCIAL CARE REFORM CABINET ADVISORY COMMITTEE – WORK PLAN 2016/17

Date	Subject Area	Lead
20 June 2016	<ul style="list-style-type: none"> • Commissioning Review of Day Centres - Feedback. • Commissioning Review of Mental Health, Learning Disabilities and Physical Disabilities - Feedback. • Commissioning Review of Domiciliary Care - Feedback. • Commissioning Review of Residential Care - Feedback. • The Finance Policy relating to the Social Services and Well-being (Wales) Act 2014. 	<p>Chair</p> <p>Chair</p> <p>Chair</p> <p>Chair</p> <p>Rachel Evans</p>
18 July 2016	<ul style="list-style-type: none"> • The Finance Policy relating to the Social Services and Well-being (Wales) Act 2014. • Carers. • Proposed Visit to Monmouthshire County Council. 	<p>Simon Jones</p> <p>Cllr Erika Kirchner Chair</p>
15 August 2016	<ul style="list-style-type: none"> • Presentation – Effect of legislation on carers 	<p>Eleanor Norton, Swansea Carers Centre</p>
19 September 2016	<ul style="list-style-type: none"> • Updates on Commissioning Reviews • CCTV • Investigation into Health and Diet in Swansea 	<p>Cllr J Harris Cllr M Child Cllr M Child</p>
17 October 2016	<ul style="list-style-type: none"> • Updates on Commissioning Reviews • Awards for Independence. (Verbal) • Investigation into Health and Diet in Swansea 	<p>Cllr J Harris Cllr J Harris Cllr M Child</p>
21 November 2016	<ul style="list-style-type: none"> • Updates on Commissioning Reviews • Report on visit to Monmouthshire County Council. • Presentation - Direct Payments. 	<p>Cllr J Harris Chair</p> <p>Mariann Pedersen</p>
19 December 2016	Cancelled	

16 January 2017	<ul style="list-style-type: none"> • Presentation - Investigation into Health and Diet in Swansea • Updates on Commissioning Reviews • Report on visit to Monmouthshire County Council. 	Dr Nina Williams and Mary Wilson Public Health Wales Fiona Broxton Fiona Broxton & Lucy Friday
20 February 2017	<ul style="list-style-type: none"> • Making Human Rights Real for Older People. 	Chris Sivers
20 March 2017	<ul style="list-style-type: none"> • Health and Diet in Swansea (Sugar) • Presentation on Population Assessment. • Feedback from Carers 	Cllr Mark Child Sara Harvey
10 April 2017	<ul style="list-style-type: none"> • Feedback on the results of the Domiciliary Care Consultation • Update on the Learning Difficulties Commissioning Review • Update on the Mental Health Commissioning Review • Update on Monmouthshire County Council • CCTV • Update on Direct Payments • Final summary report of the Prevention and Social Care Cabinet Advisory Committee. 	Alex Williams