

PROMOTING AND IMPROVING HEALTH

HEALTHY CITIES

Action Number	Key Priorities	Strategy Reference	Planned Actions	Strategic Links	Time Scale	Lead Agency/ Officer	Evidence	Source of financial support
IH 1	Develop action to meet the requirements of becoming a World Health Organisation designated Healthy City	IH 1.1	Identify and co-ordinate senior level partners in the development of the application to the WHO Healthy Cities Programme	Proud Capital, Corporate Plan, Children and Young People's Plan, Local Development Plan	2008-2009	Cardiff Local Public Health Team (LPHT)	Action plan developed	In kind resource (staff) from partner agencies
		IH 1.2	Lead the submission of the application to the WHO Healthy Cities Programme		2008-2009	Cardiff Local Public Health Team (LPHT)	Application form, including health profile and city development plan completed and submitted	In kind resource (staff) from partner agencies. Advice and consultancy from the Welsh Local Government Agency
		IH 1.3	Establish and contribute to networking arrangements in Wales, the UK and at the European level		2008-2011	Cardiff Local Public Health Team (LPHT)	Networking arrangements in place and contributions evident	In kind resource (staff) from partner agencies
		IH 1.4	Develop and implement action plans that deliver on the themes of the programme		2008-2011	Cardiff Local Public Health Team (LPHT)	Action plans developed and monitored	In kind resource (staff) from partner agencies
IH 2	Increase awareness and build capacity of partnership groups contributing to the Health, Social Care and Well Being Strategy in the principles and practice of developing Cardiff as a Healthy City.	IH 2.1	Scope the training needs of the partnership groups	Proud Capital, Corporate Plan, Children and Young People's Plan, Local Development Plan	2009-2011	Cardiff Local Public Health Team (LPHT)	Report of training needs assessment	In kind resource (staff) from partner agencies
		IH 2.2	Develop and implement actions that meet the identified training needs		2009 - 2011	Cardiff Local Public Health Team (LPHT)	Report on training and support provided Training programme developed and delivered	In kind resource (staff) from partner agencies

Promoting and Improving Health FOOD AND HEALTH			To improve health and well being and reduce health inequalities in Cardiff by enabling and supporting people to access a healthy balanced diet through a holistic and co-ordinated approach					
Action Number	Key Priorities	Strategy Reference	Planned Actions	Strategic Links	Time Scale	Lead Agency/ Officer	Evidence	Source of financial support
IH 3	To increase the procurement and provision of safe, nutritious, and sustainable food for the whole population through large public organisations, businesses, community groups and events organisers	IH 3.1	Encourage the procurement of local, safe, sustainable, nutritious and Fair Trade food in Cardiff Council and Cardiff and Vale NHS Trust	Sustainable Development Policy (CC, 2006); Sustainable Procurement Strategy (CC, 2007); Sustainable Development Action Programme (CC, 2006); Food and Fitness (WAG, 2006); Food and Well Being (WAG, 2003); Cardiff Council Corporate Procurement; Value Wales	2008-2011	Cardiff Council (Sustainable Development Unit); Cardiff Council (Procurement); Value Wales; Food and Health Steering Group; Cardiff Council (Culture, Leisure & Parks); Cardiff Council (Catering)	Annual monitoring report of the Food and Health Strategy & Action Plan	Within existing budgets and some targeted funding (WAG)
		IH 3.2	Encourage the provision of food which is safe, nutritious and where possible sustainable at large public events	Cardiff Food and Health Strategy (2006)	2008-2011	Cardiff Council (Health Improvement Team and Sustainable Development Unit); Cardiff & Vale NHS Trust (Community Nutrition Service)		Within existing budgets
		IH 3.3	Encourage businesses and establishments to apply and achieve Food and Health Awards and to provide consumers with information about the businesses that have been accredited	Food Standards Agency (FSA); Welsh Assembly Government (WAG); Chartered Institute of Environmental Health (CIEH); Food and Fitness Action Plan – 5 year Implementation Plan (WAG, 2006); Cardiff Food and Health Strategy (2006)	2008-2011	Cardiff Council (Health Improvement Team); Cardiff & Vale NHS Trust (Community Nutrition Service); Food and Health Network		Within existing budgets and some targeted funding (WAG)

		IH 3.4	Develop local schemes which widen access to affordable food, particularly fresh fruit and vegetables	Food and Well Being (WAG, 2003)	2008-2011	Food and Health Network; Riverside Market		Targeted funding (WAG)
IH 4	To increase the uptake of safe, nutritious and sustainable food through policy development, education and training and food provision in the identified target groups	IH 4.1	Facilitate a whole settings approach to food and health in Early Years settings (0 – 4 years old)	Investing in a Better Start: Promoting Breastfeeding in Wales (WAG, 2001); Infant Feeding Guidelines (WAG, 2006); Cardiff Food and Health Strategy (2006)	2008-2011	Cardiff & Vale NHS Trust (Community Nutrition Service)	Evaluation report for external funding bodies Whole settings approach developed in key areas	Targeted funding (WAG and Flying Start)
		IH 4.2	Facilitate a whole school approach to food and health across primary and secondary schools	Appetite for Life (WAG, 2006; 2007); Food & Fitness (WAG, 2006); Food & Health Strategy (CHA, 2006)	2008-2011	Appetite for Life Implementation Group (AFLIG); Cardiff Network of Healthy Schools Scheme (CNHSS)	Whole school approach established in target areas	WAG; Community focused Schools; CNHSS; Better Schools Fund (BSF)
		IH 4.3	Facilitate access to information and support for older people in order to provide themselves with nutritious balanced meals	Cardiff Healthy Ageing Action Plan; Age Concern; Older People's APG	2008-2011	Cardiff Healthy Ageing Planning Group; Age Concern	Ageing Well and Engagement annual report	Within existing budgets
		IH 4.4	Ensure that initiatives are targeted to vulnerable adults in order to tackle inequalities in relation to food and nutrition	Homelessness APG Prison Health APG Asylum Seekers APG	2008-2011	Food and Health Steering Group	Annual monitoring report of the Food and Health Strategy	Funding to be identified and sought
IH 5	To identify and influence policies and strategies that impact on food and health issues.	IH 5.1	Maximise communication opportunities to influence and inform national and local policy	Food and Well Being (WAG, 2003); Cardiff Food and Health Strategy (2006)	2008-2011	Food and Health Steering Group	Annual monitoring report of the Food and Health Strategy	Within existing budgets
		IH 5.2	Contributing to a co-ordinated approach across the health and well being agenda	Children and Young People's Plan; Corporate Health Standard; PA and Health Strategy; Smoke Free Cardiff Strategy; Healthy Ageing Action Plan; Mental Health Promotions Action Plan	2008-2011	Food and Health Steering Group; Physical Activity and Health Steering Group; Health Partnership Team	Annual monitoring report of the Food and Health Strategy	Within existing budgets

		IH 5.3	Ensure sustainable, safe and nutritious food is promoted and more accessible through relevant city wide strategies	Children and Young People's Plan; Local Development Plan; Healthy Cities Programme	2008-2011	Food and Health Steering Group; Health Partnership Team	Annual monitoring report of the Food and Health Strategy	Within existing budgets
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Promoting and Improving Health PHYSICAL ACTIVITY & HEALTH		To improve health and well being and reduce health inequalities in Cardiff through a diverse and inclusive provision of physical activity opportunities to enable more people to be more active, more often						
Action Number	Key Priorities	Strategy Reference	Planned Actions	Strategic Links	Time Scale	Lead Agencies/ Officers	Evidence	Source of financial support
IH 6	To influence National and Local Policy that can contribute to improving health through physical activity, ensuring an effective and efficient approach to delivery	IH 6.1	To support a two way flow of communication in order to influence and inform national and local policy	Climbing Higher; Proud Capital Vision Forum; Children and Young People's Plan; Local Development Plan; Wales Centre for Health	2008 - 2011	Physical Activity & Health Steering Group Chair; Physical Activity & Health Steering Group; Physical Activity & Health Sub-groups; Physical Activity & Health Network; Health Partnership Team; Cardiff Council (Culture Leisure & Parks - Development Team)	E.g. No. of: •groups presented to; •consultations responded to; • Sub-groups and Network launched	Within existing budgets
		IH 6.2	Contributing to a co-ordinated approach across the health and well being agenda	Climbing Higher; Children and Young People's Plan; Corporate Health Standard; Food and Health Strategy; Smoke Free Cardiff Strategy; Healthy Ageing Action Plan; Mental Health Promotions Action Plan	2008 - 2011	Health Partnership Team; Cardiff Council (Culture Leisure & Parks – Dev. Team)	PA presence in: •Task group action plans •Children and Young People's Plan •Council and Other Corporate Health Standards	Within existing budgets

		IH 6.3	Ensure physical activity is considered and promoted through relevant City Wide Strategies that impact on health	Climbing Higher; Community Strategy; Children and Young People's Plan; Local Development Plan; Healthy Cities Programme	2008 - 2011	Steering Group; Health Partnership Team; Cardiff Council (Culture Leisure & Parks – Dev. Team); Local Public Health Team (LPHT)	How many: •E.g. Health Impact Assessments, Policy Integration Tool (PIT) carried out •Physical activity included across strategy areas	Within existing budgets
IH 7	To enable people to access opportunities to a physically active lifestyle	IH 7.1	To improve services, amenities and opportunities (both voluntary & statutory) across the City for all Cardiff's residents	Climbing Higher; Communities First; BME Forum; Cardiff and Vale Coalition of Disabled People; Children and Young Peoples Plan; Sports Council; Food and Health Strategy	2008 - 2011	Physical Activity & Health Steering Group Chair; PA Steering Group; Physical Activity & Health Sub-groups; Local Public Health Team (LPHT)	Annual monitoring report of Physical Activity and Health Strategy & Action Plan	Within existing budgets
		IH 7.2	To develop a targeted approach to reduce health inequalities	Climbing Higher; Communities First; Food and Health Strategy; Appetite for Life	2008 - 2011	Physical Activity & Health Steering Group; PA Sub-groups; Cardiff Council (Culture Leisure & Parks); Local Public Health Team (LPHT)	Subgroups established Annual monitoring report of Physical Activity and Health Strategy & Action Plan	Within existing budgets
		IH 7.3	To promote consistent, valid, accurate advice and training for physical activity	Climbing Higher; South East Wales Development Forum; Food and Health Strategy; Sports Council	2008 - 2011	Cardiff Council (Culture Leisure & Parks - Sport Cardiff); UWIC, Coleg Clan Hafren	Annual monitoring report of Physical Activity and Health Strategy & Action Plan	Within existing budgets
IH 8	To promote the health, social and well being benefits of physical activity	IH 8.1	To improve two way communication between physical activity providers and the local community to ensure a co-ordinated and consistent approach	Climbing Higher; Health Challenge Cardiff	2008 - 2011	Physical Activity & Health Steering Group; Physical Activity & Health Sub-groups; Health Partnership Team; Cardiff Council (Culture Leisure & Parks – Dev. Team)	Annual monitoring report of Physical Activity and Health Strategy & Action Plan	Within existing budgets

		IH 8.2	To promote the benefits of physical activity and health by delivering a clear and consistent health message through identifying appropriate marketing tools		2008 - 2011	Steering Group; Health Partnership Team; Cardiff Council (Culture Leisure & Parks – Dev. Team; Children’s Play); Cardiff Network of Healthy Schools Scheme (CNHSS)		Within existing budgets
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**Promoting and Improving Health
OBESITY**

Action Number	Key Priorities	Strategy Reference	Planned Actions	Strategic Links	Time Scale	Lead Agency/ Officer	Evidence	Source of financial support
IH 9	Cardiff-wide Obesity Strategy and Action Plan to be developed and implemented in partnership with key statutory and voluntary organisations.	IH 9.1	Scope existing work programmes contributing to tackling obesity	Proud Capital; Children and Young People’s Plan	2008 - 2009	Cardiff Local Public Health Team (LPHT)	Report on scoping work	In kind resource (staff) from partner agencies
		IH 9.2	Identify and co-ordinate senior level partners involvement in the development of the Strategy and Action Plan		2008 - 2009	Cardiff Local Public Health Team (LPHT)	Strategy and action plan developed	In kind resource (staff) from partner agencies
		IH 9.3	Develop and implement actions that deliver on identified key priorities		2009 - 2011	Cardiff Local Public Health Team (LPHT)	Report on monitoring of actions	In kind resource (staff) from partner agencies
IH 10	Develop the role of Sustainability Appraisal/Strategic Environmental Assessment to drive	IH 10.1	Identify and influence the implementation of the assessments	Proud Capital; Corporate Plan; Local Development Plan; Children and Young People’s Plan	2008 - 2011	Cardiff Local Public Health Team (LPHT)	Reports of inclusion with assessments	In kind resource (staff) from partner agencies

	action and engage all relevant agencies in improving the environmental, social and economic determinants of health, with a particular focus on factors influencing obesity.	IH 10.2	Provide public health leadership, advice and support, on obesity issues, to the partner agencies involved in the assessments		2008-2011	Cardiff Local Public Health Team (LPHT)	Annual monitoring of Obesity Strategy & Action Plan	In kind resource (staff) from partner agencies
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Promoting and Improving Health SMOKE FREE CARDIFF			Promote a supportive smoke free environment and reduce smoking prevalence within Cardiff					
Action Number	Key Priorities	Strategy Reference	Planned Actions	Strategic Links	Time Scale	Lead Agency/ Officer	Evidence	Source of financial support
IH 11	Prevent people from starting smoking, particularly children and young people, by minimising exposure to factors which are likely to contribute to the initiation of smoking	IH 11.1	Reduce exposure of young people to seeing influential others smoking e.g. teachers, youth workers, coaches, parents, through awareness and training programmes	Cardiff Smoke Free Strategy; Children and Young People's Plan	2008 - 2011	Cardiff Council (Health Improvement Team); Local Public Health Team (LPHT)	Numbers and range of individuals trained/contacted	Some through existing budget; more extensive programmes may need additional funding to implement
		IH 11.2	Assess barriers to uptake of ASSIST and Smoke Free Class schemes in secondary schools in Cardiff, and identify possible solutions		2008	Cardiff Local Public Health Team (LPHT)	Barriers and solutions identified leading to recommendations for change	Existing budget

IH 12	Reduce health inequalities by reducing the exposure of the most disadvantaged and vulnerable members of society in Cardiff to the harmful effects of environmental tobacco smoke	IH 12.1	Develop proposals and seek funding for a Smoke Free Homes project in Cardiff	Cardiff Smoke Free Strategy	2008	ASH Wales & Cardiff Council (Health Improvement Team)	Project developed and funding obtained	Funding to be identified and sought
IH 13	Increase numbers of people accessing specialist smoking cessation services, especially those from lower socio-economic groups, pregnant women, BME groups, and adolescents	IH 13.1	Develop further joint work to investigate effective approaches to cessation support in Black and Minority Ethnic communities in Cardiff	Cardiff Smoke Free Strategy; Communities First	2008-2009	Cardiff Local Public Health Team (LPHT); Stop Smoking Wales	Proposal submitted to 'Stop Smoking Wales'	Some development work through existing budget; identified approaches may need additional funding to implement
		IH 13.2	Undertake a scoping study of cessation support in secondary and maternity care in Cardiff, including training needs	Cardiff Smoke Free Strategy; Pre-operative cessation plans	2008-2009	Stop Smoking Wales; Local Public Health Team (LPHT);	Report of scoping study	Existing budget

		IH 13.3	Identify barriers to accessibility of cessation support (e.g. language, venue, cultural issues) and possible solutions	Cardiff Smoke Free Strategy; Communities First	2008-2009	Cardiff Local Public Health Team (LPHT); Stop Smoking Wales	Report submitted to 'Stop Smoking Wales'	Existing budget
IH 14	Ensure effective regulatory enforcement measures are implemented and maintained in relation to tobacco control (including age of sale, smoke free public places, advertising and promotion of tobacco, and smuggling)	IH 14.1	Reduce availability and limit access to cigarettes through awareness and enforcement of age of sale legislation in premises generally and in relation to vending machines	Cardiff Smoke Free Strategy; Smoke Free Premises (Wales) Regulations 2007	2008 - 2011	Cardiff Council Trading Standards	Annual Report of Cardiff Smoke Free Strategy & Action Plan	Existing budget
		IH 14.2	Advocate for additional regulatory tobacco control measures (for example, smoke free vehicles, licensing of tobacco sales)		2008 - 2011	Smoke Free Cardiff Partnership	Annual Report of Cardiff Smoke Free Strategy & Action Plan	Existing budget

Promoting and Improving Health COMMUNITIES FIRST								
Action Number	Key Priorities	Strategy Reference	Planned Actions	Strategic Links	Time Scale	Lead Agency/ Officer	Evidence	Source of financial support
IH 15	Completion of community audits	IH 15.1	To complete community audit work in Butetown so as to identify the community's priorities for action	Communities First Guidance (WAG, 2007); Butetown/Grangetown Health Needs Assessment	Dec 2008	Butetown Local Partnership Group; Area Team	Produce a report of findings	WAG Communities First Funding

IH 16	Development, implementation and evaluation of community action plans	IH 16.1	To produce in conjunction with service providers Community Action Plans for Butetown, Ely/Caerau and Splott that address the priorities identified in the Community Audits	Communities First Guidance (WAG, 2007); Butetown/Grangetown Health Needs Assessment	March 2009	Butetown, Ely/Caerau and Splott Local Partnership Groups; Area Teams	Produce a Community Action Plan for each area	WAG Communities First Funding
IH 17	Expansion of the scheme to incorporate the 17 Lower Super Output Areas in Cardiff identified as qualifying for Communities First status	IH 17.1	To establish CF Local Partnership Groups in Adamsdown and Riverside	Communities First Guidance (WAG, 2007)	March 2009	Communities First Programme Manager	Partnerships established and meeting regularly	WAG Communities First Funding
		IH 17.2	To progress community development work in the Lower Super Output Areas identified as qualifying for CF status – Fairwater, Llanrumney, Plasnewydd, Rumney, S Grangetown, St. Mellons and Trowbridge	Communities First Guidance (WAG, 2007); Butetown/Grangetown Health Needs Assessment	March 2009	Communities First Programme Manager	Quarterly progress reports and Annual Monitoring report	WAG Communities First Funding
IH 18	To engage with health and social care sectors, enabling them to respond to Cardiff's CF communities' views and needs in respect of health and well-being and to identify opportunities for partnership-working	IH 18.1	To consult with health and social care sectors so as to identify the most effective means of engagement with CF Local Partnership Groups and to begin that process of engagement	Communities First Guidance (WAG, 2007); Butetown/Grangetown Health Needs Assessment	March 2009	Communities First Programme Manager	Regular meetings with reps from relevant sectors and participation in LSB; CHC Steering Group; Compact Officers group; Community Learning Management Group; Physical Activity and Health Steering Group	WAG Communities First Funding

Promoting and Improving Health IMPROVING THE CITY ENVIRONMENT

Action Number	Key Priorities	Strategy Reference	Planned Actions	Strategic Links	Time Scale	Lead Agency/ Officer	Evidence	Source of financial support
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IH 19	Continued monitoring of air quality in the St. Mary Street AQMA to identify whether national air quality objectives will continue to be exceeded following introduction of the traffic order	IH 19.1	Continue monitoring of air quality in St Mary Street and surrounding area. Assess findings against air quality objectives and review AQMA status accordingly. Feed information on air quality issues into wider review of experimental traffic order.	St Mary Street traffic order; UK Air Quality Strategy	2008-2009	Cardiff Council (Strategic Planning & Environment)	Air quality monitoring reports and analysis	Existing funds
IH 20	Strengthen the noise control service to enable effective and efficient response to increased demand and need, particularly outside usual office hours.	IH 20.1	Appoint additional officers to provide extended noise control service for periods of high demand outside office hours, working in partnership with 101 and Licensing teams.	Comm. Safety Strategy; Licensing Act; SNEN 101	2008	Cardiff Council (Strategic Planning & Environment)	Team extended Number of complaints received and dealt with Customer satisfaction data	Growth bid submitted to 08/09 budget