

Action	Lead	Timeframe	Performance Measure
<b>Disrupt obesogenic social norms</b>			
Develop a childhood obesity communication strategy which includes consistent key messages, best resources and promotion of current provision particularly targeted in deprived communities	Public Health and organisational communications leads		
Identify and develop an ABUHB Board Member and senior council members (x5) to be champions for C & YP's physical activity	Public Health, ABUHB, LAs		
<b>Support a healthy start in life</b>			
Evaluate Torfaen antenatal weight management service to include weight management outcomes as well as health outcomes in pregnancy and labour.	Dietetics/ Midwifery		
Develop a business case for the roll out of ABUHB antenatal weight management service across Gwent	ABUHB		
Improve antenatal programmes across Gwent to routinely follow best practice guidelines on healthy eating and physical activity and develop a coordinated approach to provision	Midwifery/HV/Families First/Flying Start		
Enhance the provision of targeted weaning home visits for parents & families in areas of most need using evidenced based resources e.g. Change4Life 'introduction of solids'	HV		
Promote uptake and use of Healthy Start Vouchers	HV/Midwifery		
Routinely record BMI at booking, 36 weeks and birth on the Protos system and provide brief intervention/brief advice for all pregnant women with a BMI of +25 and referral if appropriate	Midwifery		
Improve the provision of breastfeeding support as part of routine midwifery/HV services and community provision to continue to meet Baby Friendly Initiative Standards	Midwifery, Health Visiting and Flying Start with Communities First		
Increase the availability and promotion of breastfeeding peer support in line with best practice guidance	Midwifery, Health Visiting and Flying Start with Communities First		
Midwifery and Health Visiting services routinely electronically record breastfeeding at agreed intervals.	Midwifery and Health Visiting		
Health Visiting service measure and record weight and height and enter data electronically	Health Visiting		
Improve the physical activity offer for pregnant women and parents of pre-schools children, describe current provision and make recommendations for improvement	Leisure Services		
Map existing parenting programme provision across Gwent and make recommendations for including evidence based information on weight management, timely introduction of solid foods, healthy eating and physical activity	Flying Start and Health Visiting Services with public health		
Families and Therapies Division to embed behaviour change skills into routine practice through the Making Every Contact Count programme	Families and Therapies		
All health professionals to routinely provide brief intervention/brief advice to overweight or obese women of child bearing age and refer to community weight management services or AWMS as appropriate	NCN		
<b>Promote/create a healthier EY &amp; school settings</b>			
Develop a plan to use the recording of heights and weights for the CMP to inform and support parents and schools for action towards a healthy weight	Healthy Schools and School Health Nurses		

All childcare settings in Gwent to develop and implement a food and physical activity policy that includes breastfeeding awareness training for staff and provides facilities for breastfeeding and storage of breastmilk	LAs
All healthy and sustainable pre school scheme settings in Gwent to achieve the Gold Standard Healthy Snack Award	Healthy and sustainable pre school scheme
All healthy and sustainable pre-schools scheme settings in Gwent to achieve the nutrition and active play criteria	Healthy and sustainable preschool scheme
All healthy pre-school settings staff to undertake brief advice training to be able to provide information to parents on key physical activity, nutrition and healthy weight messages using an effective approach	PHW
Families First and Flying Start childcare staff/practitioners to undertake Agored Cymru Nutrition Education training	Families First and Flying Start
Implement Gwent pre school Active Play policy across all healthy and sustainable pre school scheme settings in Gwent	Healthy and sustainable preschool scheme
Develop a policy to increase physical activity in early years childcare/education provision setting, tailoring activities according to the child's developmental age and physical ability. Ensure they are inclusive, progressive and enjoyable	Healthy and sustainable preschool scheme
All schools in Gwent to develop, with school councils and parents a whole-school food and fitness policy which should include provision of free breakfast, healthy lunch boxes, and improving uptake of school meals	Healthy Schools
Encourage parents and carers to complete at least some local journeys (or part of a journey) with young children using a physically active mode of travel	Healthy and Sustainable Pre-schools and Healthy Schools
Deliver a multi-skills physical literacy programme in pre-school and primary schools across Gwent	Leisure Services and Sport Wales
Map current physical activity opportunities within the school day and providing recommendations for further provision in line with NICE guidelines	Leisure Services School Sports Survey - Leisure Services use data to provide equitable provision
Make school facilities available to children and young people before, during and after the school day, at weekends and during school holidays. These facilities should also be available to public, voluntary, community and private sector groups and organisations offering physical activity programmes and opportunities for physically active play. Use Play Wales toolkit	Education & Healthy Schools
Consult with pupils to develop a programme of extra-curricular activity that provides positive experiences for all. SportWales can support schools.	Leisure services, sport wales and Healthy Schools
Provide training on childhood obesity and the benefits of healthy eating and physical activity to PSE advisors, catering staff, Governors, teachers, parents	Dietetics Link to EAS and PSE action
Develop a process to engage children (e.g. Young Ambassadorss), parents and families in the co-production of whole school F&F policy and interventions to prevent overweight and obesity	Public Health
All primary and secondary schools in Gwent to develop a schools active travel plan which will map the implementation of Safe Routes to School and may include walking buses with parent volunteers and consider a cycle loan scheme - consult with parents and school council	Transport/road safety/Healthy Schools/Sustrans
Map current provision of healthy weight, healthy eating and physical activity education throughout the curriculum (esp PSE) and make recommendations for improvement	Healthy Schools, EAS & PHW

Ensure informal and formal physical activity sessions for children and young people (including play) are led by staff or volunteers who have achieved the relevant sector standards or qualifications for working with children Leisure services

PE/sport & leisure staff to promote a variety of activities that children enjoy and can take part in outside school with friends and family, including a range of activities beyond traditional and competitive sport and without requirement for equipment and facilities Leisure Services

#### Influence healthy food choices

Explore free transport scheme to supermarkets and investigate the feasibility of free delivery particularly to rural, deprived and isolated areas Transport

Develop local planning policies to regulate the proliferation of fast food outlets in areas of deprivation and particularly in proximity to schools Planning

Map community cooking resources and provide recommendations to build capacity C1st

Map existing community food (cooking, eating, growing), healthy eating and weight management opportunities/projects for families and develop a coordinated approach ( Healthier Communities ) C1st

Support retailers to engage in the Healthy Start Vouchers Scheme C1st

Better promotion of retailers that have achieved the Healthy Options Award Environmental Health

Work with cafe and restaurant owners across Gwent to achieve the Healthy Options Award Environmental Health

Increase healthy vending in statutory and public funded institutions - including leisure centres and hospitals Health Boards and Local Authorities with support from Public Health

Develop street trading policies which restrict trading from fast food vans near schools Planning

Explore the potential of section 106 agreements and the community infrastructure levy to improve healthy food provision in local communities Planning

Expand food coops across Gwent RRU/NRW

#### Enable/encourage active recreation & play

Develop an integrated approach to youth service physical activity provision in local communities where young people can have a role in managing and leading their own activities Youth services

Use Community Infrastructure Levy and Section 106 agreements to increase opportunities for active travel, active recreation and active play Planning

Develop plans based on Play Sufficiency Assessments to ensure the provision of green spaces and play parks in local communities Play service, planning

Conduct a play facilities audit and make recommendations for improvements to the physical environment that will increase opportunities for unstructured physical activity in line with NICE guidelines Leisure services/trusts and Parks

Develop and implement a play strategy which creates many varied opportunities for children to engage in age appropriate play (including play that does not require ready-made facilities and equipment) Play Service

Identify barriers to physical activity participation in local communities and consider these when planning leisure services (e.g. lack of appropriate changing facilities, inadequate lighting, poorly maintained facilities, lack of access) Communities First and Leisure Services

Engage local communities to identify and train a wide range of local champions (e.g. community reps, coaches and sports leaders) and charities such as Street Games to promote and deliver physical activity locally C1st, GAVO, TVA and Leisure Services

#### Create (safe) active communities

Identify and develop more family elements, consistent information on behaviour change and include the evidence-based messages on food and fitness in the existing programmes of community food and physical activity opportunities/projects as part of L1 of the WG Obesity Pathway	C1st
Use local planning and transport mechanisms to develop a built environment which increases opportunities for physical activity	Planning
Make the health and activity of children integral and explicit within Local Development Plans to make vibrant healthy places.	Planning
Local authorities to use land assets creatively and investigate special purpose vehicles to give developers viable options for a healthy and active community. Make best use of Section 106 and Community Infrastructure Levy to create active communities supporting walking, cycling and active play	Planning and Transport
Improve promote the availability of opportunities for communities to be physically active in the natural environment	Planning
Improve the connectivity of active travel infrastructure (Schools, places of interest, recreation, public buildings, open spaces, public footpaths, rights of way) to increase opportunities for walking and cycling in local communities	Transport and Planning
Improve walkability & cyclability of communities by introducing traffic calming/traffic free measures including 20 mph speed limits around schools	Transport and Planning
Encourage walkability & cyclability of communities by promoting mapped routes (communication strategy) and ensuring adequate provision for cycle parking	Transport and Planning
Build on the Active Travel (Wales) Act 2013 to put in place measures to make it easier and safer for children to walk or cycle to and from school.	Planning
Routinely undertake Health Impact Assessment on all decisions which affect the food environment or physical activity environment and ensure that planning decisions do not have a negative impact on children	Planning, C1st and SIP engagement teams
<b>Provide evidence base weight management services for Children &amp; Young People</b>	
Develop a service specification and business case for ABUHB agreement on a sustainable Level 2 and Level 3 weight management programme for children and their families	ABUHB
Ensure comprehensive delivery and greater scale of Foodwise across all C1st areas and specifically target women of childbearing age and parents of young children	Dietetics linked in with C1st and FS/FF