

Our focus for 2024-2026

Healthy Environment

Our goal: To create an environment that enables, support and promotes opportunities for good food, and builds movement back into daily life

	System priority	The change we are trying to influence	What we will do	What success will look like	Who will lead
1	Policy and legislation to support and enable movement, active travel and good food	Embed good food and movement into the design of our places, spaces and buildings	Ensure all Local Development Plans (LDP) and strategic policies where relevant focus on good food, movement/sport and play.	<ul style="list-style-type: none"> • Policies identified • Evidence collated • Policies strengthened and new policies developed • Supplementary Planning Guidance for Play developed and adopted (Cardiff) • Placemaking plans developed for all 4 towns in the Vale of Glamorgan (Vale) 	Cardiff and Vale Public Health Team with Cardiff Planning Department, Vale of Glamorgan Planning Department, Cardiff Child Friendly Cities team
2		Reduce unhealthy food and drink advertising	Develop and implement Healthier Advertising policies to restrict High Fat Sugar Salt advertising across owned/managed sites and assets; gaining insight from communities, young people and wider stakeholders to inform policy change.	<ul style="list-style-type: none"> • Healthier advertising policies developed and underpinning contractual arrangements • Learning from PHIRST evaluation shared, shaping policy 	Cardiff Council, Vale of Glamorgan Council, Cardiff and Vale University Health Board with NIHR PHIRST team
3		Maximise community assets	Explore potential for developing community and commercial shared-use kitchens in identified locations across the Vale of Glamorgan.	<ul style="list-style-type: none"> • Community Commercial shared-use Kitchen Feasibility Study undertaken • Recommendations informing next steps 	Food Vale Partnership

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4	Design/ redesign of community places, spaces and buildings that enable movement and good food	Maximise community assets (including schools, leisure centres, pitches, parks, changing rooms and community centres)	<p>Develop a strategic approach to facilities and infrastructure in Cardiff which enable communities to be active.</p> <p>Shape plans for facilities and infrastructure in the Vale of Glamorgan that support communities to be active.</p>	<ul style="list-style-type: none"> • Review/audit current situation • Recommendations informing next steps • Plans influenced 	<p>Cardiff: Move More Partnership Group</p> <p>Vale of Glamorgan: Leisure and Parks Team</p>
5	Integrated active travel infrastructure and accessible and reliable public transport	Increase availability, quality and use of healthy travel (walking, wheeling, cycling, public transport)	<p>Work together to design high quality active travel and public transport schemes.</p> <p>Align commute patterns with active travel strategies and routes.</p>	<ul style="list-style-type: none"> • Active travel schemes developed with impacts on inequalities and health considered. • Major employers engaged in discussions on public transport and active travel strategies and routes. 	Cardiff and Vale of Glamorgan Transport teams Cardiff and Vale Public Health Team and Transport Operators

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6	Accessible, inclusive and safe public spaces for movement, play and food growing	Improve access to good food	Increase local food production through identifying suitable land and opportunities for community and commercial food growing.	<p>Vale of Glamorgan:</p> <ul style="list-style-type: none"> • Mapping community spaces for food growing and identification of barriers to participation complete • Needs for additional community growing spaces assessed • Volume of veg produced through horticultural (food growing) projects increased <p>Cardiff:</p> <ul style="list-style-type: none"> • Community growing considered as part of the Strategic Estates city wide capital receipts programme • Successful pilot project completed • Community growing plan in place • Edible Cardiff next phase (2025-2028) funded and delivered 	<p>Vale of Glamorgan: Food Vale Partnership</p> <p>Cardiff: Cardiff Council (via Food Strategy) and Food Cardiff Partnership</p>
7	Accessible, inclusive and safe public spaces for movement, play and food growing	Inclusive and safe parks and open spaces which enable people to be active	<p>Work together in Cardiff to redesign parks and open spaces to ensure gender equity.</p> <p>Work together in the Vale of Glamorgan to raise awareness and address inclusion around the use of parks and open spaces.</p>	<p>Cardiff:</p> <ul style="list-style-type: none"> • Undertake research to understand what good looks like for gender equity in parks and open spaces • Co-design parks and open spaces with young people <p>Vale of Glamorgan:</p> <ul style="list-style-type: none"> • Cross sector collaboration around safe spaces and parks with a focus on women and girls • Design and re-design of parks and open spaces influenced 	<p>Cardiff: Cardiff Child Friendly Cities with Parks team, Met Sport and Cardiff and Vale Public Health Team</p> <p>Vale of Glamorgan: Leisure and Parks department with Vale Healthy Living Team, Safer Vale, and Regeneration team</p>

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8	Accessible, inclusive and safe public spaces for movement, play and food growing /Food environment that enables good food for all	Improve outdoor public spaces for play and access to good food in Butetown, Grangetown and Riverside	Collaborate with communities and partners, to identify and improve; public spaces for play, and access to affordable healthy food for families with young children as part of the PIPPYN pilot.	<ul style="list-style-type: none"> • Shared understanding of the local <ul style="list-style-type: none"> • Play spaces • Food environment • Challenges and enablers • Improving access to healthy food • Improving opportunities to play 	Cardiff and Vale Public Health Team with Public Health Dietetic Team and PIPPYN Reference Group
9	Food environment that supports and enables good food for all	Improve availability of good food	Improve the availability of healthy and sustainable food on offer across managed sites for staff and visitors.	<p>Cardiff:</p> <ul style="list-style-type: none"> • Current food on offer through Cardiff Council managed sites reviewed through a healthy, low carbon food lens • Opportunities for Council Catering functions to improve/ exceed current standards by increasing healthy options whilst also reducing carbon explored <p>UHB:</p> <ul style="list-style-type: none"> • Progress against the implementation of the Healthy Eating Standards for C&V UHB restaurant and retail outlets • Improved access to healthy food and drink options at UHB sites for staff, patients and visitors 	<p>Cardiff Council (via the Food Strategy)</p> <p>Cardiff and Vale UHB</p>