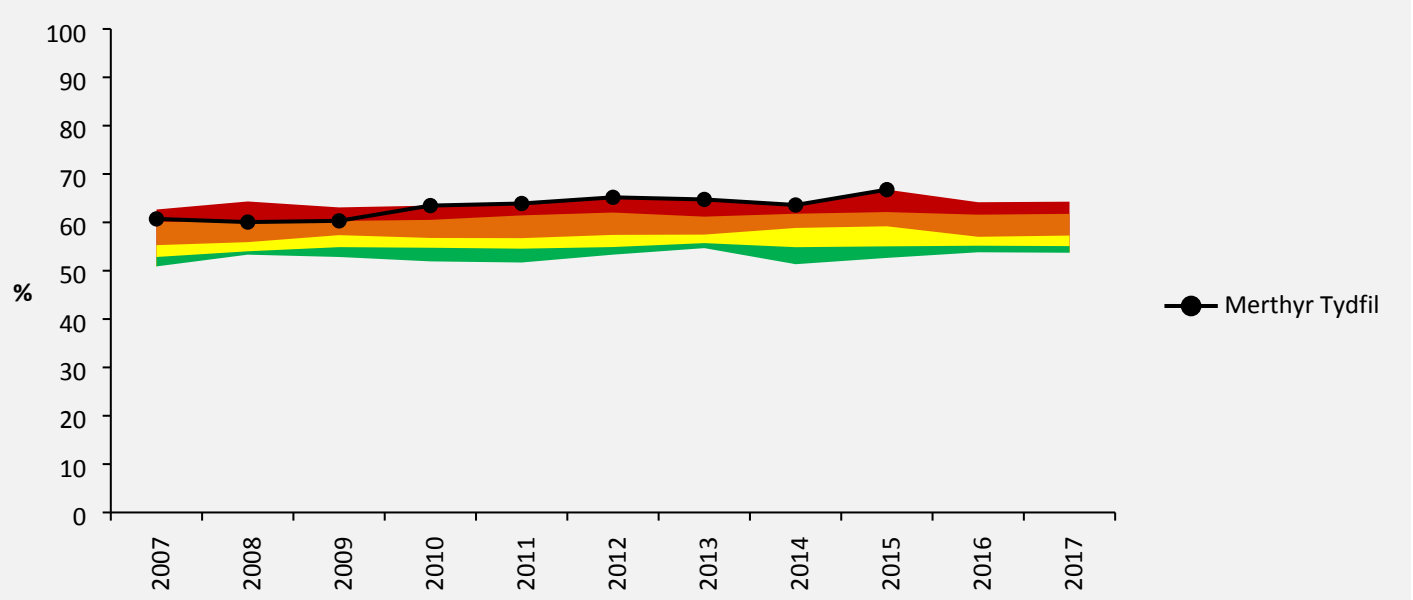


UNSATISFACTORY

The % of adults reported as being overweight or obese (age-standardised)



STORY BEHIND THE DATA

Latest Published Comparable Data: 2015
 Latest Local Data Period: 2015
 Data Frequency: Annual
 Source: [Welsh Government](#)

Body Mass Index

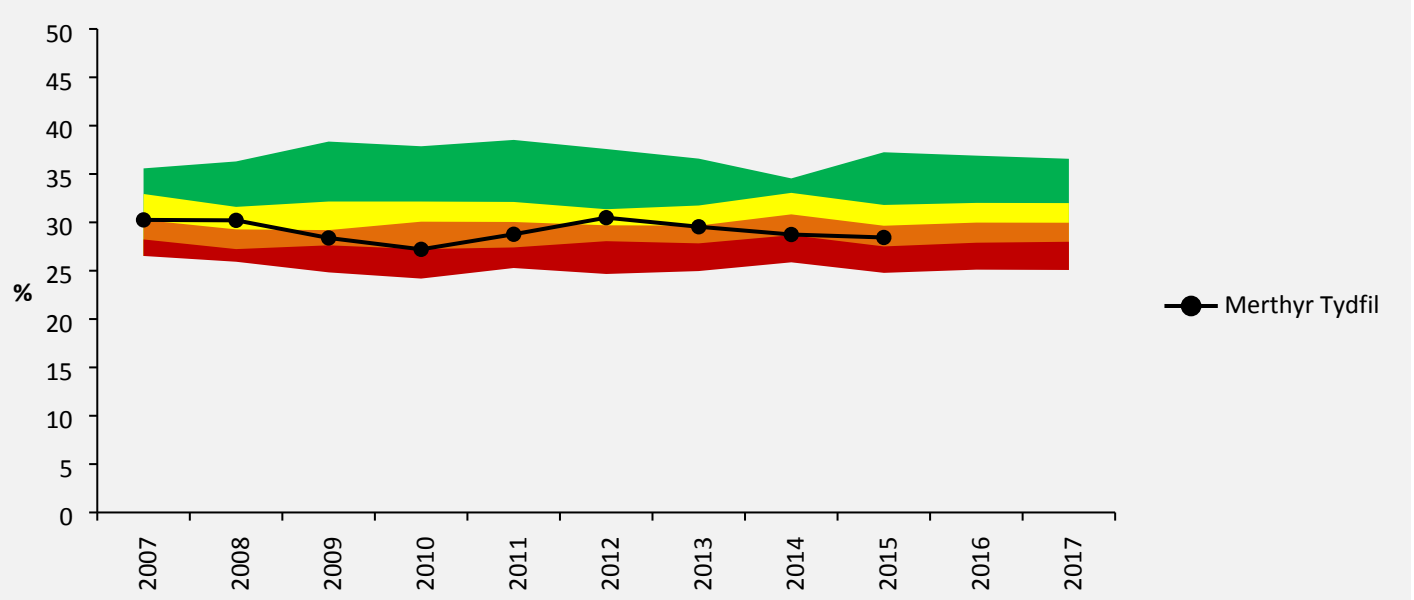
The survey asked adults to report their height and their weight. In order to define overweight or obesity, a measurement is required which allows for differences in weight due to height. The Body Mass Index (BMI) is calculated as weight (kg) divided by squared height (m²). However, BMI does not distinguish between mass due to body fat and mass due to muscular physique, nor does it take account of the distribution of fat. BMI was calculated for all respondents, excluding pregnant women, with valid height and weight measurements and classified into the following BMI groups:

BMI (kg/m ²)	Description
Less than 18.5	Underweight
18.5 to under 25	Healthy Weight
25 to under 30	Overweight
30 and over	Obese

Height and weight of respondents are self-reported, and there is evidence to show that some people tend to under-report weight and/or over-report height, resulting in an under-estimation of the prevalence of overweight and obesity. The Welsh Health Survey 2015 reported that adults in Merthyr Tydfil who are BMI classified overweight or obese has increased by over 3 percent to 66.8 percent, which is the highest in Wales.

ADEQUATE

The % of adults who exercise for at least 30 minutes 5 times per week



STORY BEHIND THE DATA

Latest Published Comparable Data: 2015
 Latest Local Data Period: 2015
 Data Frequency: Annual
 Source: [Welsh Government](#)

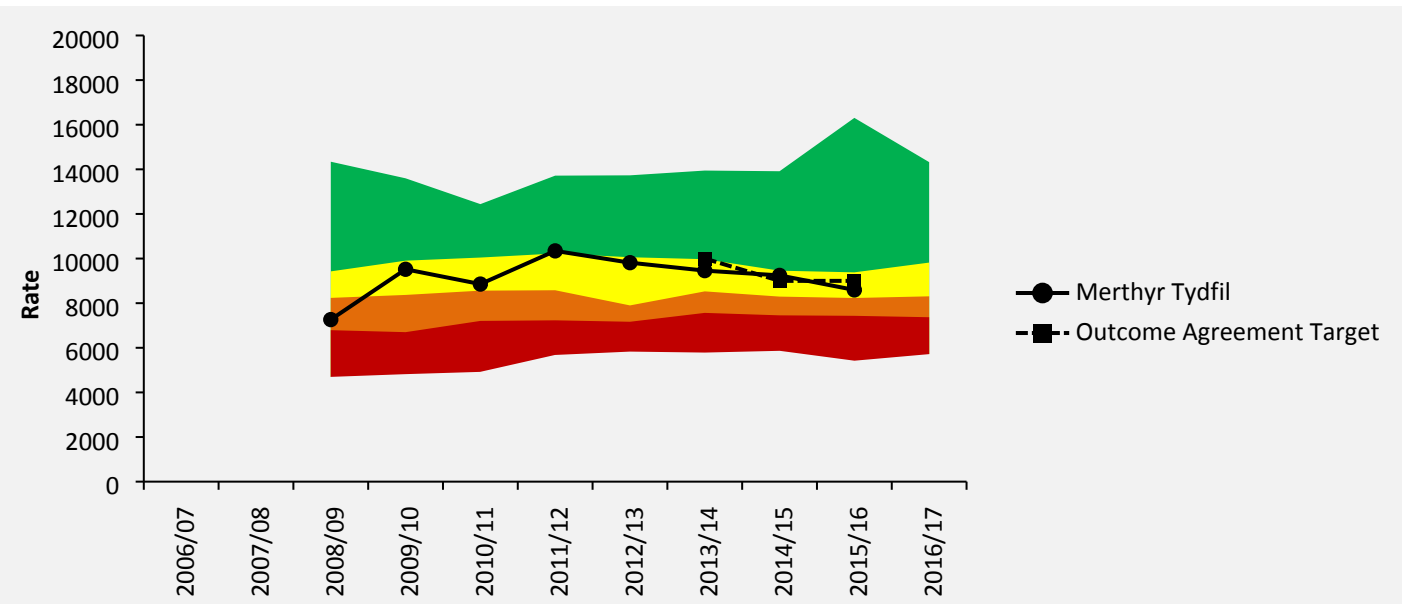
The Welsh Health Survey asked adults on which days in the past week they did at least 30 minutes of light, moderate, and vigorous exercise or physical activity. Blocks of activity lasting more than 10 minutes, which were done on the same day, count towards the full 30 minutes. (Prior to 2011 the Department of Health recommended that adults do at least 30 minutes of moderate intensity physical activity on at least 5 days a week, however guidelines were revised during 2011 to allow more flexibility in how target activity levels are met). Respondents were asked to include physical activity that is part of their job. Examples of each type of activity are:

- light activity – housework or golf
- moderate activity – heavy gardening or fast walking
- vigorous activity – running or aerobics

The proportion of adults who report that they exercise for at least 30 mins 5 times per week has been slowly declining since 2012.

GOOD

The number of visits to local authority sport and leisure centres during the year per 1,000 population where the visitor will be participating in physical activity



STORY BEHIND THE DATA

Latest Published Comparable Data: 31 March 2016
 Latest Local Data Period: 31 March 2016
 Data Frequency: Annual
 Source: [StatsWales](http://StatsWales.gov.uk)

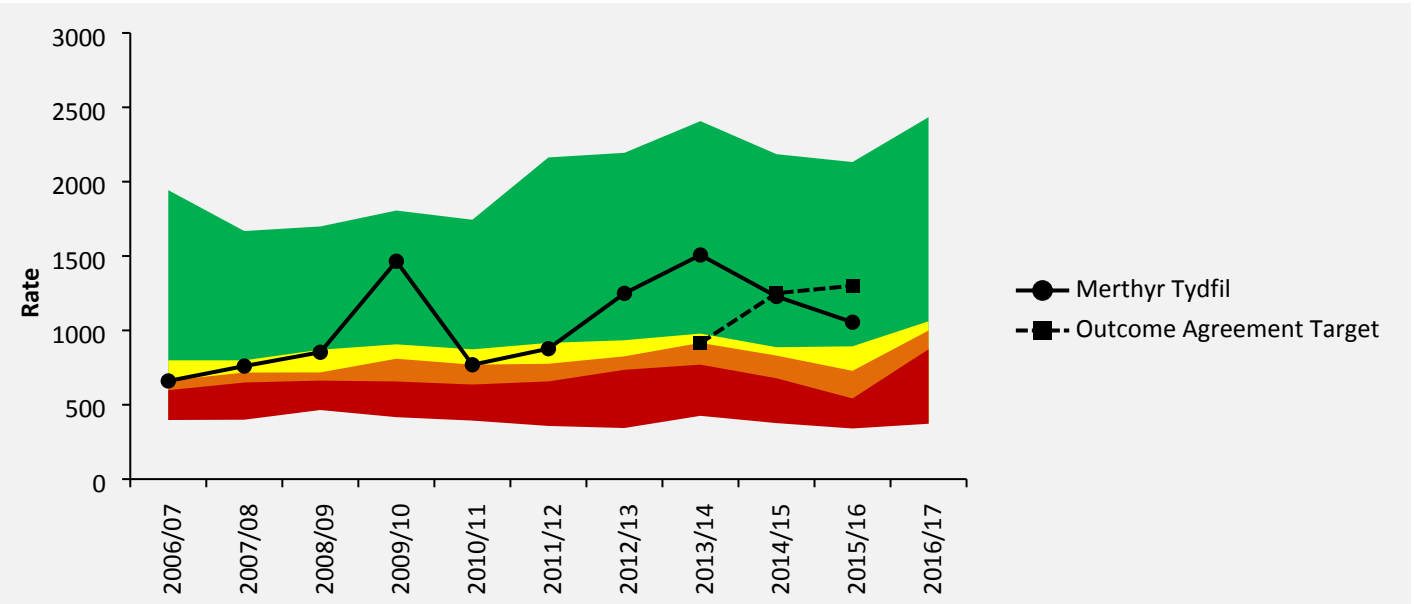
This is a national measure and is included in the statutory national performance measurement framework (National Strategic Indicator). It provides a measure to the extent that people participate in physical activity when they visit sport and leisure centres during the year in Merthyr Tydfil.

The rate of visits to leisure centres has declined since 2011/12. An element of the decline was attributed to data cleansing and data improvement works with some sports facilities that lease our buildings, in particular the Rhydyccar Bowls Hall and the Rugby and Football pitches. This has replaced the estimates with more accurate values, which has had the effect of lowering the overall totals.

There has been a steady reduction in the Welsh average since 2013/14 and Merthyr Tydfil has followed this decline, with the rate of visits to leisure centres declined to 8,594 (per 1000 population) in 2015/16. However, we have remained above the Welsh average of 8,409 and are currently ranked 8 in Wales.

EXCELLENT

The rate of participations in free public swims by those aged 60 and over



STORY BEHIND THE DATA

Latest Published Comparable Data: 31 March 2016
 Latest Local Data Period: 31 March 2016
 Data Frequency: Annual
 Source: [Data Unit](#)

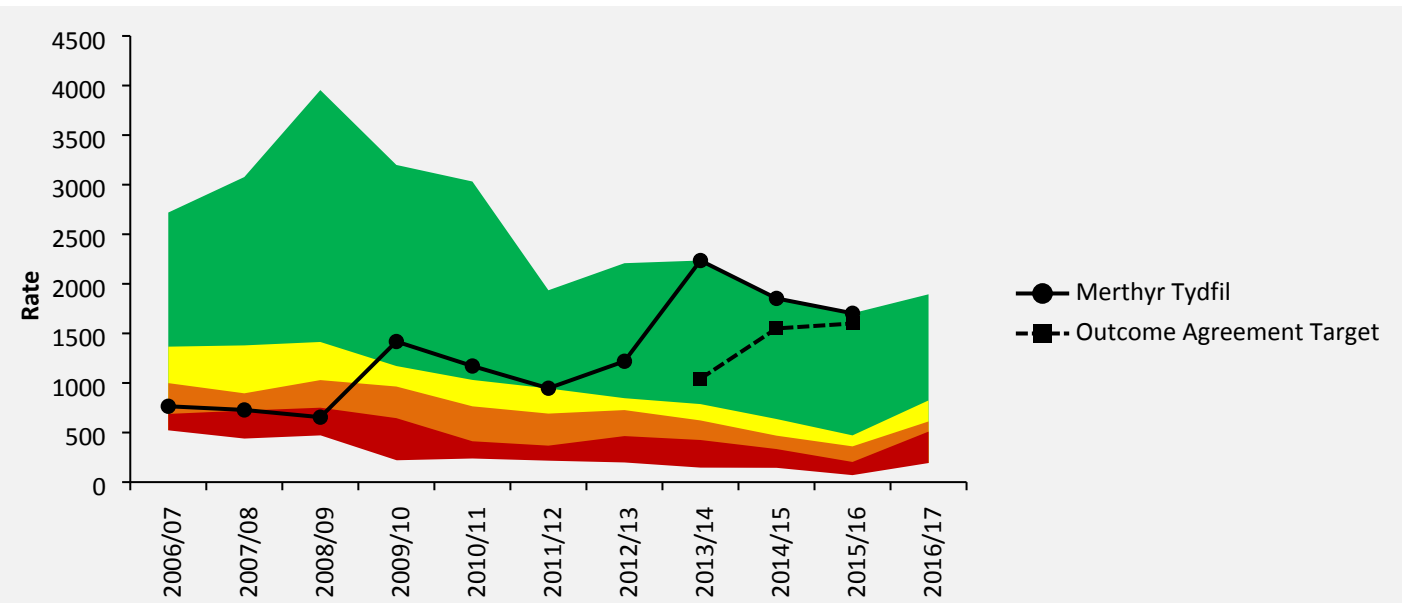
The Free Swim initiative is a Welsh Government initiative which is funded via the Local Authority Partnership Agreement (LAPA) with Sport Wales - "Get Merthyr Active" and aims to provide free swimming for adults aged 60 and over during all public swimming sessions outside of school holidays.

Merthyr Leisure has up until now with the funding provided been able to extend this scheme and provides free swimming for this age group all year round. The scheme has been made available both at Merthyr Tydfil Leisure Centre and Aberfan Community Centre and since 2010/11 participation figures steadily increased until 2013/14.

In total there were 15,007 60+ free public swims during 2015/16, which equates to a participation rate of 1,055. Whilst the data shows a steady decrease in overall participation in free swims, there has been a significant reduction of female participation since 2013/14.

EXCELLENT

The rate of participations in free public swims by those aged 16 and under



STORY BEHIND THE DATA

Latest Published Comparable Data: 31 March 2016
 Latest Local Data Period: 31 March 2016
 Data Frequency: Annual
 Source: [Data Unit](#)

The Free Swim initiative is a Welsh Government initiative which is funded via the Local Authority Partnership Agreement (LAPA) with Sport Wales - "Get Merthyr Active" and aims to provide free swimming opportunities for 16 years and under during school holidays. The minimum requirement for the Local Authority is to provide 14 hours of Free swimming per week during all school holidays, of which 7 hours should be structured aquatics activities.

Merthyr Leisure has up until now with the funding provided been able to extend this scheme and provides free swimming for this age group all day every day during the school holidays as well as developing the free structured activities. The scheme has been made available both at Merthyr Tydfil Leisure Centre and Aberfan Community Centre.

In total there were 20,139 free public swims for 16 and under during 2015/16, which equates to a participation rate of 1,703. Whilst the data shows a steady decrease in overall participation in free swims, we have maintained the highest participation rate in this category since 2013/14. The Welsh average for 2015/16 is 377.

START DATE

April 2015

ADEQUATE

FINISH DATE

March 2016

The Project

The Active Merthyr Tydfil Plan is a partnership agreement with Sport Wales. This agreement supports Merthyr Leisure's strategic vision of becoming the most physically active local authority in Wales by 2020. The Active Merthyr Tydfil Plan is a partnership agreement with Sport Wales. The aim is to encourage residents to become physically active at least three times per week. The Active Merthyr Tydfil Plan is a project that includes the on-going delivery of:

- The national Free Swim Initiative
- Play to learn
- Dragon Multi-Skills & Sport
- 5 x 60 programmes

In addition, the delivery of this project will continue to develop core sports and clubs and increase awareness of inequality in sports participation and by bridging the current identified gaps in female participation in sport via initiatives such as:

- M Girls
- Us Girls

Where are we now

Delivery of the 2015/16 plan is complete. The key successes outlined from Sports Wales on the delivery of sporting activity and developments in Merthyr Tydfil include:

- The team exceeded their "Hooked on Sport" target of 40.1 percent by achieving 48.1 percent in this year's School Sport Survey, an increase of 15 percent from 2013.
- A significant increase in terms of the proportion of females "Hooked on Sport", increasing to 47 percent (2015) from 24 percent (2013).
- The Community Chest, for the first time since the introduction of the scheme, is on course to invest the whole allocation into new and quality projects.
- The Strategic Board (LAPA) is more effective and meetings are more productive with actions taken from the meeting resulting in tangible outcomes.
- There has been improved reporting. The 12-month report includes observations from the team identifying successes and suggestions for improvement in future planning.
- Changes to the FSI (Free Swim Initiative) programme and a review of delivery of structured activities for juniors had a limited negative impact on splash but saw an increase of over 700 swims.