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**Health and Social Care  
Committee**

Eluned Morgan  
Minister for Health and Social Services  
Welsh Government

8 July 2022

Dear Eluned

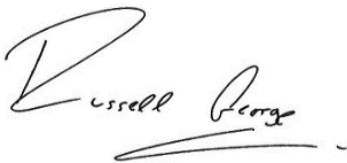
**Follow up on Fifth Senedd Health, Social Care and Sport Committee recommendations: Physical activity of children and young people**

In March 2019, the Fifth Senedd Health, Social Care and Sport Committee published the report of its [inquiry into the physical activity of children and young people](#). At our meeting on 4 May 2022, the current Health and Social Care Committee agreed to follow up on key recommendations made by our predecessor Committee.

We would be grateful if you could respond to the issues raised in the annex by **1 September 2022**.

A copy of this letter has also been sent to the Children, Young People and Education Committee, given the cross-over in Committee portfolios.

Yours sincerely



Russell George MS  
Chair, Health and Social Care Committee

cc Jayne Bryant, Chair, Children, Young People and Education Committee

Croesewir gohebiaeth yn Gymraeg neu Saesneg. We welcome correspondence in Welsh or English.

# Annex: Recommendations made by the Health, Social Care and Sport Committee of the Fifth Senedd as part of its inquiry into the physical activity of children and young people

## Background

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The Health, Social Care and Sport Committee of the Fifth Senedd published its report on [physical activity of children and young people](#) in March 2019, one year before the COVID-19 pandemic, which had a significant impact on how physically active children and young people have been since lockdown when schools and sports clubs were forced to close.

The previous Committee was very concerned that figures from the Public Health Wales Child Measurement Programme were showing an increase in the number of obese four to five year olds. More than one in four children aged four to five are overweight or obese in Wales.

We would be grateful if you could respond to the issues below by **1 September 2022**.

## Update on recommendations

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The report recognised that physical activity for children and young people is as important for children's social and mental development, as it is for their health. The Committee made 20 recommendations covering: national measurement frameworks for physical activity and obesity; the role of schools and infrastructure; the importance of female role models in sport; sustainable funding for sports clubs; and use of community green spaces. Two recommendations (6 and 8) were rejected by the [Welsh Government](#). The other 18 recommendations were accepted, either fully or in principle.

1. Please provide an update on the implementation of the recommendations which were accepted by the Welsh Government (recommendations 1-5, 7 and 9-20). The update should include information about actions that have been taken, any planned actions, and, where appropriate, details of associated resourcing, planned timescales, and how the impact and outcomes of actions and spend have been (or will be) evaluated and measured.

## Other issues

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The previous Committee concluded that physical activity levels among some children and young people were too low. We have seen that decline further during the COVID-19 pandemic.

2. Please set out what the Welsh Government is doing to address concerns at the number of young people who are inactive as result of COVID-19 and the lockdowns and other restrictions adopted to respond to the pandemic.

3. Please set out how any actions being taken by the Welsh Government are being targeted to take account of/tackle inequalities experienced by people on the basis of their protected characteristics or the groups or communities to which they belong.
4. Please confirm whether the rising costs of living present any risks to physical activity levels for children and young people, and if so, what the Welsh Government is doing to mitigate those risks.

