

## Physical health

**'Like all older persons I want to remain independent. I want to continue to care for my wife. ...it is so important that I maintain my health and fitness'**

We found that

**We enjoy using our open spaces**

- There is free and accessible open space available across CTM for mental and physical well-being.
- Many of us say we enjoy using our green spaces and parks, community gardens and allotments.
- We feel fortunate to have access to green spaces for family time, running, dog walking and cycling 'on our doorstep.'
- Accessing the outdoors has helped us with physical health through lockdown.

We found that

**Having affordable activities and events is important to us**

- Park runs are free and enjoyed in all areas.
- we would like to be able to have more low cost/no cost activities in our communities.
- Free swimming is available and used by many especially children 11 years and under.
- People with disabilities say they face barriers in accessing some community activities.
- Young people want more activities for them such as skatepark.
- we are concerned about the rising cost of household essentials.

We found that

**We want to improve our health and well-being**

- There are high levels of diabetes in the area.
- More men than women have diabetes.
- Levels of obesity are high in all age groups across the area.
- We feel that healthy food and drinks are important for our well-being.
- South Cynon has participated in an early intervention pilot scheme for two years that has identified 987 people who are pre-diabetic.

We found that

**Data shows that Dementia will increase over the next 20 years**

- We want more help with living independently.
- Alzheimer's Research UK finds that 4,264 people in the Cwm Taf Morgannwg area suffer from dementia, which is 1.44% of the population.
- Our carers need more support.
- There are some activities in the communities such as dementia friendly swimming and memory cafes.

We found that

- There are a high number of fast-food outlets across the area.
- we want help through social prescribing to improve our health and well-being.
- Healthy diet is important for physical health. people in less affluent areas eat less fruit and veg.
- Having good quality healthy food through pantries and food prosperity networks supports us in working and learning.

**We want help to encourage healthy behaviours**