



All-island Obesity News

E-bulletin of the All-island Obesity Action Forum

Volume 1, Issue 3, July/August 2009

Welcome to the third edition of *All-island Obesity News*. I was greatly encouraged by the success of the Forum's first workshop 'Communicating to make a difference' held in Belfast, in terms of the attendance, interaction and feed back. I am pleased to announce that the next workshop, which will focus on physical activity, will take place in the Clarion Hotel (IFSC) Dublin on Thursday 12 November. Further details will be released over the coming weeks. Such events provide a platform for information sharing, networking and collaboration.

Martin Higgins

Chief Executive, **safefood** and Chair, All-island Obesity Action Forum

Minutes of Forum meetings, events and further details about the Forum can be accessed on the [Forum page of the safefood website](#).

What's in this issue?

- [Obesity Prevention NI Update](#)
- [ROI Obesity Implementation Group Update](#)
- [General news](#)
- [Nutrition news](#)
- [Physical activity news](#)
- [Resources/publications](#)
- [Campaigns/initiatives](#)
- [Forthcoming events](#)
- [Consultations](#)
- [Training](#)
- [Members of the All-island Obesity Action Forum](#)

If you would like to **subscribe** to or **include any information** in this bi-monthly e-bulletin please email us at obesityforum@safefood.eu.

Obesity Prevention Steering Group NI Update

On 26 June, the Health Development Policy Branch of the Department of Health Social Services and Public Safety issued its first newsletter which aims to provide an update on the development of the Obesity Prevention Strategic Framework (OPSF) which seeks to tackle the rise in overweight and obesity in Northern Ireland. The first newsletter explains the approach being taken and provides detail on the structure and groups established. If you would like to subscribe to this newsletter

please contact the Health Development Team at hdpb@dhsspsni.gov.uk or by post at: Room C4.12 Castle Buildings, Stormont Estate, Belfast BT4 3SQ.

ROI Obesity Implementation Group Update

The Inter-Sectoral Group on Obesity was established in January 2009 to review progress on the implementation of the recommendations of the Report of the National Taskforce on Obesity. The Group published its first progress report in April 2009 and this can be accessed on the Department of Health and Children website at www.dohc.ie.

The Group, chaired by Minister of State Áine Brady, is continuing to oversee and monitor on an ongoing basis the implementation of the Taskforce recommendations. While there has been significant progress in a number of areas, there is a recognised need for continued and concerted action to halt the continuing rise in rates of overweight and obesity.

At its last meeting in June, the Group identified a number of key priority areas where action will need to be concentrated in the short to medium term. A number of sub-committees comprising of key experts in the relevant fields, have been established to progress work in these areas.

Health Promotion Policy, Department of Health and Children, 05 August 2009

General news

06.08.09: Food Standards Agency publish latest consumer attitudes tracker survey

The results from the latest tracker survey of consumer views on key Food Standards Agency issues have been published. [Read more](#).

04.08.09: Food and Drink Industry Ireland launch 'Enabling Healthier Lifestyles Report' (ROI)

A report entitled 'Enabling Healthier Lifestyles' was launched by Food and Drink Industry Ireland (FDII), the IBEC group that represents the food and drink industry. The report demonstrates that food companies have invested heavily to develop new products that provide consumers with healthy choices for a balanced lifestyle. [Read more](#).

30.07.09: Waist banned – Does a tax on junk food make sense? (US)

The Finance and Economics Section of The Economist looks at the effects of imposing a tax on junk food. [Read more](#).

28.07.09: Over half of consumers concerned about food imports - safefood review looks at where does our food come from? (IOI)

While more food is produced on the island of Ireland than is imported, research conducted as part of a **safefood** review showed that consumers are more concerned about food imports, particularly those from outside of the EU. [Read the press release](#) and [download a copy of the report and associated fact sheets](#).

27.07.09: UK's poorest twice as likely to have diabetes and its complications (UK)

The poorest people in the UK are 2.5 times more likely to have diabetes at any age than the average person, a new Diabetes UK report reveals. And once they have the condition, those in the most deprived homes are twice as likely to develop complications of diabetes as those in the least deprived. [Read more.](#)

24.07.09: Recommended Community Strategies and Measurements to Prevent Obesity in the United States published (US)

A report has been issued arising from the Common Community Measures for Obesity Prevention Project (the Measures Project), a project initiated by the Center for Disease Control (CDC). The objective of this project was to identify and recommend a set of strategies and associated measurements that communities and local governments can use to plan and monitor environmental and policy-level changes for obesity prevention. [Read more.](#)

23.07.09: New research reveals huge differences in salt contents in global brands

New research published today by World Action on Salt and Health (WASH) shows that many popular meals eaten in UK high-street restaurants can contain large amounts of salt, in some cases more than twice the daily maximum limit for an adult in a single meal. [Read more.](#)

20.07.09: Cross border project consults on Obesity Prevention

The Co-operation and Working Together (CAWT) cross border Obesity Prevention project held a consultation event in Armagh recently to engage with stakeholders. In June 2009, CAWT was awarded European Union INTERREG IVA funding of £788,000 (€985,000) to deliver this project. [Read more.](#)

17.07.09: Health determinants - Diet, Physical Activity and Health - EU Platform for Action

Summary report of the plenary meeting of 3 April 2009 published. [Read More.](#)

17.07.09: Health determinants - High Level Group on Nutrition and Physical Activity

Summary report of the 5th plenary meeting of 2 April 2009 published. [Read More.](#)

10.07.09: Minister launches first results from Growing up in Ireland (ROI)

Growing up in Ireland is a study of 8,500 nine year old children and their families in ROI. The initial results from this study were released in a series of brief, topic based reports in the areas of health, education, family context and the characteristics of nine year olds. Read the [press release](#) and [download the findings](#).

09.07.09: Be healthy, be yourself – European Commission launches youth health initiative (EU)

Involving young people more actively in developing EU health policies is the aim of this initiative. [Read more.](#)

08.07.09: The Next Health Tsunami - Non-Communicable Diseases (Int)

The International Diabetes Federation (IDF), the International Union against Cancer (UICC) and the World Heart Federation (WHF) have issued a call on the UN's Economic and Social Council (ECOSOC) to take immediate action to avert the fastest growing threat by non-communicable diseases (NCDs) to global health. [Read more.](#)

29.06.09: CDC introduces new website to help employers combat obesity and reduce health-related costs (US)

The Centres for Disease Control and Prevention (CDC) unveiled LEANWorks!, a Website designed to help businesses address obesity. LEAN stands for Leading Employees to Activity and Nutrition. [Read more.](#)

03.06.2009: Diabetes UK launches its national measure up roadshows (UK)

The Measure Up Roadshow, which runs from June to December and will visit 110 locations across the UK, encourages people to measure their waists to see if they are at risk of Type 2 diabetes, as having a large waist means you are up to 12 times more likely to develop the condition. [Read more.](#)

28.05.09: French approach taken to obesity (Scotland)

The Scottish Government has announced a £1.4m trial of a French project which has enjoyed significant success. The French project EPODE (Preventing Childhood Obesity Together) and its predecessor Villes Santé reduced child obesity rates by about 25%. [Read more.](#)

14.07.2009: New book examines weighty issue (US)

UC Davis nutritionists, Judith Stern and Alexandra Kazaks published their new book "Obesity: A reference handbook," which is an overview of the science and sociology of weight management. The authors provide a modern chronology of obesity from 1942 to 2008. [Read more.](#)

Nutrition news

28.07.09: Dietitians of Canada says posting calories and nutrients on menus may help Canadians make healthier food choices (Canada)

Dietitians of Canada say providing nutrition information in restaurants is one step that may help promote healthier choices and possibly prevent obesity. However, a review of the evidence on this issue underscores the fact that there are no simple solutions to the complex issue of obesity prevention; a variety of approaches are needed. [Read more.](#)

27.07.09: Iced coffees can contain a quarter of daily calories, WCRF warns (Int)

Some iced coffee drinks being sold by high street coffee shop chains contain up to a quarter of a woman's recommended daily calories, a cancer charity has warned. World Cancer Research Fund (WCRF) has found one iced coffee drink sold on the high street that contains 561 calories. The estimated daily calorie requirement for an average woman is 2,000 calories. [Read more.](#)

26.06.09 Scotland's first national food and drink policy launched (Scotland)

Scottish Government Rural Affairs and Environment Secretary Richard Lochhead unveiled 'Recipe for Success' - the next steps in Scotland's first ever national food and drink policy at the Royal Highland Show. [Read more.](#)

25.06.2009: Which? Research on supermarket salads (UK)

A Which? Report found that there were large differences between the amount of fat, saturated fat, salt and calories in pre-packaged salads. [Read more.](#)

Physical activity news

23.07.09: Play England launches Charter for Children's Play (England)

The Charter for Children's Play sets out a vision for play, and outlines the principles of what play means for children and what we should all do to promote their right to enjoy it. A range of support materials are also available to promote the charter, including a children's version, a poster and an implementation guide. [Read more](#).

22.07.09: Green makes you lean - Natural England launch 'Natural Health Service' focused on health benefits of green spaces (England)

In the face of projections suggesting that nine out of 10 adults could be overweight or obese by 2050, Natural England launched its "Natural Health Service" which calls for a step-change in the way that people are given access to green spaces and the ways in which outdoor activity programmes are supported by GPs. [Read more](#).

15.07.09: Dublin City Council's new Bike Start programme launched (ROI)

Dublin City Council is the first Local Authority in Ireland to introduce BIKE START an integrated cycling training programme, which offers the highest level of training in Europe. The programme will be rolled out by Dublin City Council's Safe Cycling Team to all senior primary schools starting from September 2009. [Read more](#).

25.06.09: GPs to prescribe golf lessons to overweight NHS patients (England)

GPs are to prescribe golf lessons to overweight and depressed NHS patients as part of the "Healthy Ambitions Suffolk" initiative. The programme is being launched at two surgeries in Suffolk and will entitle people to free coaching, a nine-hole round and a session on the driving range at a local course. [Read more](#).

23.06.09: Parents urged to encourage children to play outdoors (ROI)

The Irish Preschool Play Association (IPPA) is urging parents, grandparents and carers around the country to switch off their televisions and computers and to get out of the house to play with their young charges this summer. [Read more](#).

11.06.09: Get Ireland Active - National Guidelines on Physical Activity launched (ROI)

The Department of Health and Children and the Health Service Executive have launched The National Guidelines on Physical Activity for Ireland - 'Get Ireland Active'. These guidelines have been produced, as one of the recommendations from the National Task Force on Obesity, to increase physical activity and reduce the levels of overweight and obesity among Irish people. Read the [press release](#) and [more about the guidelines](#).

Resources/Publications

24.06.2009: Healthy Food for All launches a Good Practice Guide for School Food Initiatives (ROI)

HFFA launched Read the press releases from [HFFA](#) and the [Department of Social and Family Affairs](#) and [download a copy of the guide](#).

04.06.2009: Having a slice of the 'good life' in Northern Ireland (NI)

Older people in Northern Ireland are set to get a fresh perspective on their diet with the launch of the Good Life Magazine, an exciting new publication from the Food

Standards Agency NI that gives nutrition information and advice for over 65s. The magazine includes puzzles, recipes and covers general areas of interest for this age group. [Read more](#).

04.06.2009: Health Status of the Population of Ireland 2008 published (ROI)

This document aims to inform the development of future health services. It is essential in planning health services that they are organised on the basis of identified need, and that priority is given to those areas that can produce the best potential benefit in improving health status. This is best catered for through a population health approach. [Read more](#).

03.06.2009: New BRC report analyses retailers' record in obesity fight (UK)

Retailers are demonstrating the effectiveness of working with customers to help them make the lifestyle changes needed in the fight against obesity. The British Retail Consortium (BRC) published a catalogue of evidence from its major food retailing members. [Read more](#) and [download the report](#).

May 2009: NOO publish briefing paper 'Physical activity surveillance in England - what is measured and where are the gaps?' (England)

The paper aims to identify and describe the main sources of national-level surveillance data on physical activity in adults and children in England. It also makes recommendations for improving physical activity surveillance. [Read more](#).

May 2009: safefood launches quarterly newsletter 'safefood insights' (IOI)

[Download the first edition of this newsletter](#). If you would like to subscribe to this newsletter please contact the Newsletter Team at safefoodnewsletter@safefood.eu or by post at: **safefood**, 7 Eastgate Avenue, Little Island, Cork.

Campaigns/Initiatives

Ongoing: Little steps update (IOI)

'Little Steps' is a three year all-island campaign from **safefood** and the HSE which aims to provide parents with information and support to make small changes to improve their children's diet and increase their levels of physical activity. Advertising will be back on air from 24 August across TV & Radio. The campaign website www.littlesteps.eu now features a days out activity planner.

Ongoing: Funding available for dietitians and nutritionists - safefood Nutrition Exchange Programme

safefood is funding a limited number of applications from dietitians and nutritionists on the island of Ireland through its Nutrition Exchange Programme. This programme offers individuals the opportunity to broaden their knowledge and expertise, while the collaborative nature enhances communication and cooperation in the nutrition field. The next deadline date for applications is 15 September 2009 and the deadline dates occur thereafter on a bi-monthly basis. [Read more](#).

Forthcoming events

Title: [Children and Food – from School Canteen to Curriculum](#)
Hosted By: Westminster Education Forum
Date: 17 September 2009
Venue: Sixty One Whitehall, London SW1A 2ET

Title: [Exploring the Great Outdoors, presented by the Early Years Health Promotion Project](#)
Hosted By: Sligo/Leitrim County Childcare Committee
Date: 26 September 2009
Venue: Abbey Manor Hotel, Dromahair, Co Leitrim

Title: [Food & Fitness: Practical Solutions to Obesity](#)
Hosted By: Nutrition and Health Foundation
Date: 06 October 2009, 8-2pm
Venue: Radisson SAS, Golden Lane, Dublin 8 (free admission)

Title: [AICR Annual Research Conference on Food, Nutrition, Physical Activity and Cancer](#)
Date: 05-06 November 2009
Venue: Capital Hill, Washington DC

Title: [19th Workshop of the European Childhood Obesity Group](#)
Date: 17-19 September 2009
Venue: Trinity College, Dublin, Republic of Ireland

Title: [When is a Simple Answer Sufficient? Understanding complex interventions – implications for policy and practice: 6th Population Health Autumn School](#)
Date: 01-02 October 2009
Venue: Queens University Belfast

Title: [Obesity: Time to Get Serious - 2009 National Obesity Forum Conference](#)
Date: 05-06 October 2009
Venue: Royal College of Physicians, London

Consultations

UK: Views wanted on Front-Of-Pack Labelling

The Food Standards Agency launched a consultation on the issues that need to be resolved to produce an integrated approach to front-of-pack labelling on 30 July 2009. The consultation closes on **05 November 2009**. [Read more.](#)

UK: Consultation on reducing saturated fat and added sugar in key foods launched

The Food Standards Agency launched a consultation on 28 July on its proposals to introduce voluntary recommendations for food manufacturers for reductions in saturated fat and added sugar and increased availability of smaller single-portion sizes in a number of key foods. The consultation closes on **03 November 2009**. [Read more.](#)

UK: Public Inquiry on Food and Fairness launched

A Food and Fairness Inquiry has been commissioned by the Food Ethics Council. The Inquiry will collect written evidence from May 2009 and hold public hearings in September, October and November, reporting in the spring of 2010. [Read more.](#)

UK: Scientific consultation on iron and health launched

The Scientific Advisory Committee on Nutrition (SACN) has issued a scientific consultation on their draft report that reviews the evidence on iron and health. The consultation closes on **23 September 2009**. [Read more.](#)

Training

Course Title: [**National Obesity Forum One Day Obesity Diploma**](#)

Date: 13 August 2009

Venue: Slimming World, Alfreton, Derbys

Course Title: [**Obesity Journey Course**](#)

Date: 14-15 August 2009

Venue: AMNCH Tallaght, Dublin

Course Title: [**MSc Obesity Science and Management**](#)

Date: September 2009

Venue: Robert Gordon University, Aberdeen

Course Title: [**Lifestyle and Behaviour Change Course**](#)

Date: 10-11 September 2009

Course Title: [**Obesity Journey Course**](#)

Date: 27-28 November 2009

Venue: TBC

Members of the all-island Obesity Action Forum

All-island Community Nutrition and Dietetic Group: Ms Claire Holmes
British Dietetic Association Northern Ireland: Ms Pauline Mulholland
Department of Education Northern Ireland: Ms Louise Warde-Hunter
Department of Education, ROI: Mr Seamus McLoughlin
Department of Health and Children: Mr Brian Mullen and Ms Ursula O' Dwyer
Department of Health, Social Services and Public Safety: Mr Rob Phipps
Food Safety Authority of Ireland: Dr Brian Redahan
Food Standards Agency: Ms Maria Jennings
Health Service Executive: Ms Maria Lordan Dunphy
Institute of Public Health: Dr Kevin Balanda
Irish Cancer Society: Ms Norma Cronin
Irish Heart Foundation: Ms Maureen Mulvihill
Irish Nutrition and Dietetic Institute: Ms Margot Brennan and Ms Janis Morrissey
Irish Sports Council: Mr John Tracey
Northern Ireland Chest Heart and Stroke Association: Mr Andrew Dougal
Northern Ireland Food and Drink Association: Mr Michael Bell
Nutrition and Health Foundation: Dr Muireann Cullen and Ms Catherine Bent
Public Health Agency: Mrs Gerry Bleakney

safefood: Mr Martin Higgins (Chair), Dr Clíodhna Foley-Nolan, Dr Marian Faughnan,
Dr Aileen McGloin and Ms Marita Hennessy
Sport Northern Ireland: Mr Eamonn McCartan
Ulster Cancer Foundation: Mr Gerry McElwee
University College Cork: Ms Janas Harrington and Prof Ivan Perry
