



**Minutes of the nineteenth meeting of the All-island Obesity Action Forum,
held on Tuesday 14th of November 2017 at the Gibson Hotel, Dublin**

Present

Mr Ray Dolan	safefood (chair)
Dr Cliodhna Foley Nolan	safefood
Dr Marian O'Reilly	safefood
Ms Caroline Bloomfield	Public Health Agency (PHA)
Dr Una May	Sport Ireland
Dr Lana Kairey	HRB Centre for Health & Diet Research
Ms Margaret Carr	Cancer Research UK
Mr Kevin O'Hagan	Irish Cancer Society
Ms Jennifer Feighan	Irish Nutrition and Dietetic Institute
Ms Niamh Arthurs	Association for the Study of Obesity on the island of Ireland
Mr Ian McClure	Department of Health (NI) (<i>via teleconference</i>)
Ms Claire Wright	Department of Health (NI) (<i>via teleconference</i>)
Ms Ursula O'Dwyer	Department of Health (ROI) (<i>via teleconference</i>)
Ms Sarah O'Brien	Health Service Executive (HSE) (<i>via teleconference</i>)
Ms Sharon Gilmore	Food Standards Agency (<i>via teleconference</i>)

In Attendance

Ms Anne Parle	safefood , Minute Secretary
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Apologies

Ms Marie Murphy	Ulster University
Dr Laura McGowan	Association for the Study of Obesity UK (ASO UK)
Ms Janis Morrissey	Irish Heart Foundation
Ms Jennifer McBratney	British Dietetic Association (BDA)
Ms Margaret O'Neill	Health Service Executive

1. Welcome

Mr Ray Dolan welcomed members to the 19th Forum meeting. Apologies were noted.

2. Roundtable introductions

Members introduced themselves.

3. Minutes of meeting 8th November 2016 and any matters arising

Draft minutes from the previous meeting were approved. There were no matters arising.

4. Policy Update

Department of Health, Northern Ireland

- An annual progress report on 'A Fitter Future for All 2012-2022' has been completed and will be published as soon as possible, subject to approval from a health Minister.
- A review of the short term outcomes of the obesity prevention framework will take place in 2018.
- The All Department Officials Group met on the 8th of November to discuss the Soft Drinks Industry Levy and proposals are being developed for consideration for any additional funding to be used to promote health.
- The UK CMO Physical Activity Guidelines will be revised and updated to take account of new research. The process will take 12 months to complete.
- The Food in Schools policy has been reviewed and the updated policy will be implemented in September 2018. The policy will include guidance on special diets in schools.
- First results from the Health Survey NI were published on 24 October 2017. Over the last 10 years the levels of overweight and obesity in adults have shown an upward trend while the proportion of children classed as overweight or obese has remained at similar levels. There has been an increase in the consumption of fruit and vegetables.
- The 'Daily Mile' is gaining traction in schools. It encourages school children to run or walk a mile at lunchtime.

Department of Health, Republic of Ireland (ROI)

- The Department has been restructured. Health Promotion now sits under Healthy Ireland.
- The CMO has established an Obesity Policy Implementation Oversight Group. The group are responsible for overseeing the implementation of actions from the obesity policy.
- Two sub groups have been set up under the group:
 1. Reformulation: chaired by Ivan Perry.
 2. Nutrition: first task is to translate the scientific recommendations for 1-5 year olds into healthy eating guidelines.
- Nutrition Standards for School Meals were launched in September. The Department are meeting with the 3 main suppliers of school meals to discuss implementation of the standards.
- The department worked alongside **safefood** to develop the START campaign.
- Wave 3 of the Healthy Ireland Survey report was published. Overweight and obesity levels are relatively similar to previous years.

- A Code of Practice on marketing, promotion, sponsorship and product placement of high fat, sugar and salt foods will launch in December 2017.

5. Member Updates

Prior to the meeting members provided a brief written update on any campaigns or initiatives on-going in their organisation and this was circulated to all members. At the meeting they highlighted the following updates:

HRB Centre for Health & Diet Research

- The Centre have accepted a role to evaluate the national obesity policy.
- This evaluation will have 2 parts:
 1. An annual score card – to monitor annual progress, an international group of stakeholders will define the items for the scorecard;
 2. Mid-term evaluation.

Sport Ireland

- The Get Ireland Walking strategy was launched. Two specific groups being targeted under this are:
 1. Men's sheds
 2. Schools – secondary schools in disadvantaged areas.

Public Health Agency (PHA)

- Want to develop an Early Year's obesity prevention programme. PHA are looking at the HENRY programme. PHA want to target the widening gap in obesity between lower socioeconomic groups and more affluent groups.
- The programme will work within Sure Start and will be incorporated into health visits.
- The aim is to have the programme in place by April 2019.

Association for the Study of Obesity on the island of Ireland (ASOI)

- The focus of World Obesity Day on October 12th 2017 was 'Treatment'. This involved a media launch which reached 2.5 million, more than half the population of Ireland and included a pre-diabetes screen in Leinster House hosted by Marcella Corcoran Kennedy.
- 32 members of the Oireachtas or their representatives attended including Dr Michael Harty TD, Health Committee Chair and Billy Kelleher TD, FF Health Spokesperson.

- The ECO/ICO International Obesity Conference is due to take place from the 16th-20th May 2020 in the Convention Centre in Dublin. The 3 legacy aims for this conference are:
 - to improve education for health professionals including undergraduate courses;
 - to establish a national patient council for the organisation with representation from all across the country and
 - to engage with technology companies around improving online marketing to children.

Cancer Research UK

- CRUK is working on a particular programme in Scotland that may prove useful to other devolved nations. In order to influence the drafting of a new Scotland Obesity Strategy, CRUK has worked with a range of stakeholders to develop a call for restrictions on promotional marketing (multi-buy purchases) of foods that are high in sugar, salt and fat. In the draft strategy outline this call was acknowledged, but the final strategy will not be finished for some time. This could prove to be a policy guide for other nations.

Irish Cancer Society

- Prevention work is being targeted at low income groups.
- The Fit for Work and Life Programme is targeted at 18-36 year old unemployed individuals in low income communities. It is a health and wellbeing programme.
- The Irish Cancer Society aims to get the programme accredited for participants and trainers.

safefood

- The START campaign (a 5-year campaign) was launched in November. The campaign has moved from referencing obesity to a healthy weight.
- It is empathetic with parents and the challenges of parenthood.
- The core 6 messages of the campaign remain the same as the previous childhood obesity campaign. One new message is the inclusion of fruit and vegetables at every meal.

Irish Nutrition and Dietetic Institute (INDI)

- INDI met with CORU to discuss an advertising campaign for the public to promote getting advice from a regulated professional.

- INDI wishes to build a coalition of evidence based practitioners to support this message.

Health Service Executive (HSE)

- HSE partnered with **safefood** and Department of Health in development of the START campaign.
- In 2018 the HSE will continue to look at engaging health professionals to deliver the key START campaign messages in their everyday work. They will also look at how to support staff in making the campaign relevant to them.
- The #littlethings campaign included nutrition and physical activity messages.
- HSE are involved in a social media campaign to get Ireland active.
- HSE are training staff to take advantage of 'every contact' to deliver brief interventions on nutrition. Training is being provided to existing staff and incorporated into undergraduate training.
- Donal O'Shea, the Clinical Lead for Obesity will focus on developing a model of service for obesity management – from early identification and intervention to tertiary treatment.
- HSE are developing a framework for action to embed promotion of healthy weight at primary care and hospital level.

Food Standards Agency (FSA)

- CalorieWise was launched to put energy information on menus at point of choice.
- Councils are involved in the implementation of the scheme and will carry out assessment visits.
- FSA are using Kantar purchasing data for 2015/16 to look at food purchasing in Northern Ireland.
- FSA will launch a labelling campaign in early 2018.

6. Topic for Discussion – Tackling the rise of inaccurate healthy eating and physical activity advice

- Dietitians spend a lot of time having to undo the often inaccurate messages spread by unqualified individuals. There is a sanction for professionals who give wrong information but not for those who are not regulated.
- Suggested that a group be formed to promote evidence based messages to the general public and tackle the rise of inaccurate information.
- It was agreed a small working group would be formed to devise a strategy to deal with the issue, at which point a wider group of stakeholders would be involved.
- It was agreed the topic would be brought again to the next forum meeting.

7. Next Forum Workshop

The next forum workshop will be held in June 2018 in Belfast. Forum members were asked to vote on which topic they would like to see at future workshops, reformulation of the food and physical environment and the NUDGE environment were possible chosen topics for the next two forum meetings.

8. AOB

Forum members were reminded and encouraged to submit items for inclusion in the All-island Obesity Newsletter each month.

The meeting concluded at 3.00pm.

Member Updates: Association for the Study of Obesity UK

Organisation Name	Research and Evidence Based Activities		
Association for the Study of Obesity UK		<p>UK Congress on Obesity (UKCO) was held In South Wales 7-8th Sept 2017 with over 200 delegates attending. There were over 60 posters, 80 submitted abstracts and 8 exhibitors. General feedback from delegates was very good. The next UKCO will be held in Newcastle University on Thursday 6th & Friday 7th September, 2018. The Congress Theme will be - Preconception to Pension: Obesity through the Life Course.</p> <p>The Regional ASO NI group will be hosting a half-day conference on The role of excess weight before, during and after pregnancy – on the afternoon of the 24th January 2018 at Queen’s University Belfast. We will have a variety of longer and shorter talks delivered by staff and students from both Queen’s and Ulster University. It will also include the Public Health Agency for NI, who will present data on Weight to a Healthy Pregnancy. We hope that safefood the forum members will consider attending this event when circulated in due course.</p> <p>ASO have received four new members specifically from NI recently and we hope to continue to expand the membership numbers. We have also invited researchers and academics from Ulster University to contribute to the regional group and this partnership is growing.</p>	

Member Updates: British Dietetic Association (BDA) NI

Organisation Name	<i>Ongoing Campaigns</i>		
BDA NI Board		BDANI board continues to delivery on its agreed work plan which focuses on obesity, chronic conditions and raising the awareness of the role of dietitians.	
Organisation Name	<i>Schools, Workplace, Community initiatives</i>		
BDA NI		Following the closure of the Children’s Food Trust, the British Dietetic Association has taken over ‘Let’s get cooking’ and the ‘Learning Network’ resources. Through ‘Let’s get cooking’, the Children’s Food Trust developed and set up a network of cooking clubs in schools and community settings that aimed to help children and their families develop cooking skills and knowledge to cook healthy meals from raw ingredients. The Learning Network is a platform for	

		e-learning related to improving food for children. Both of these resources will now be managed by the British Dietetic Association. https://www.bda.uk.com/improvinghealth/letsgetcooking/home	
Organisation Name	Food Poverty		
BDA NI		Claire Holmes Chair of BDANI continues to represent BDANI on the NI food poverty group.	
Organisation Name	Health Services		
BDA NI		A new BDA campaign has been launched called ' Go 2 dietitians 4 prevention ' This will run for the next 3 years. It will raise awareness amongst dietitians that they all have a role in public health and to promote dietitians as ' Go 2 Dietitians 4 prevention ' to commissioners /purchasers. The campaign will end with a public media awareness of the role of dietitians and a focus on the work ready programme. A range of print, media and web resources will be launched in the next coming months.	
Organisation Name	Other		
BDA NI		The BDA have just updated and released new guidance around the provision of hospital food. Nutrition and Hydration Digest and is one of the key 5 documents that form hospital food standards. https://www.bda.uk.com/publications/professional/NutritionHydrationDigest.pdf	

Member Updates: Cancer Research UK

Organisation Name	Ongoing Campaigns		
Cancer Research UK	Junk Food Marketing	CRUK is continuing to call for the UK Government to ban junk food advertising during the TV shows most watched by children. The specific focus of this ban will be on evening and family time that is currently exempted through loopholes. We are also calling on other devolved nations to press the UK Government into taking action.	

	Soft Drinks Industry Levy hypothecation	CRUK is also calling for the revenue from the Soft Drinks Industry Levy (SDIL) to be hypothecated to health promotion in all four UK nations. This will ensure that money from the levy will be used to further reduce rates of obesity and excess weight.	
Organisation Name	Research and Evidence Based Activities		
Cancer Research UK	Marketing, obesity and health inequalities	<p>In early 2018 (January to April) CRUK will be publishing research on the interrelation between marketing, obesity and health inequalities in the UK. The findings will be presented in three reports, and will be based on a UK-wide survey of 3,348 people. The findings include views and responses from people in Northern Ireland.</p> <p>This research found that junk food marketing increases the risk of being a consumer of a lot of unhealthy food, with an increased risk of being overweight or obese.</p> <p>This research is being prepared by Cancer Research UK's Policy Centre for Cancer Prevention (PRCP). PRCP commissions and conducts research on lifestyles and behaviours that are associated with cancer which can be translated into key prevention policy recommendations.</p>	

Member Updates: Department of Health NI

Organisation Name	Ongoing Campaigns		
Department of Health NI	<p>A Fitter Future for All 2012-2022</p> <p>Making Life Better</p>	<p>The current short term outcomes (2015-2019) of this obesity prevention framework are due to be revised in 2018 for implementation during the final phase of the framework from 2019-2022. A report on the progress of the framework from June 2016-June 2017 has been completed. The report cannot be published online without Ministerial approval however the Obesity Prevention Steering Group (OPSG) will continue with the existing reporting processes and work will now begin on the AFFFA Progress Report covering June 2017-June 2018.</p> <p>'Making Life Better' is the strategic framework for public health. It is designed to provide direction for policies and actions to improve the health and well-being of people in Northern Ireland and to reduce health inequalities. The next All Department Officials Group (which oversees implementation of the framework) meeting is the 8th November 2017.</p>	<p>https://www.health-ni.gov.uk/articles/obesity-prevention</p> <p>https://www.health-ni.gov.uk/topics/health-policy/making-life-better</p>

	<i>Start Active, Stay Active: A report on physical activity for health from the four home countries' Chief Medical Officers</i>	When the UK CMO Physical Activity Guidelines were published in July 2011 it was agreed to revise these in five years' time to ensure they are fit for purpose and incorporated the best evidence and research available. It was agreed at a recent UK CMO Group meeting that this review should now be taken forward. The revised guidelines will seek to improve knowledge and awareness of the level of activity individuals should undertake, provide clear advice and guidance to healthcare professionals so they can support their patients appropriately, and support behaviour change – with the ultimate outcome of increasing physical activity level and support the achievement of the draft Programme for Government Outcome "We enjoy long, healthy, active lives".	https://www.gov.uk/government/publications/start-active-stay-active-a-report-on-physical-activity-from-the-four-home-countries-chief-medical-officers
Organisation Name	<i>Schools, Workplace, Community initiatives</i>		
Department of Health NI	<i>Food in Schools Policy: healthy Food for Healthy Outcomes</i>	Under the Food in Schools policy, Nutritional Standards were developed to be applied in the school catering. This has been in place for ten years and is now under review to incorporate best evidence and practice to ensure it is fit for purpose.	https://www.education-ni.gov.uk/publications/healthy-food-healthy-outcomes
Organisation Name	<i>Food Poverty</i>		
Department of Health NI	<i>All Island Food Poverty Network</i>	The Department continues to be a member of this all-island group and anticipate to be a regular contributor to the group's newsletter.	http://www.safefood.eu/Professional/Nutrition/Food-Poverty/All-island-Food-Poverty-Network.aspx
Organisation Name	<i>Health Services</i>		
Department of Health NI	<i>Minimum Nutritional Standards for Catering in Health and Social Care</i>	The Chief Medical Officer (CMO) supported the launch (16/06/17) of the Minimum Nutritional Standards for Catering in Health and Social Care. This is a collaborative document by the Food Standards Agency (NI), Public Health Agency (PHA) and Safefood which supports those working within Health Service catering businesses who want to offer consumers a choice of affordable, healthy and sustainable food.	https://www.food.gov.uk/news-updates/consultations/2016/minimum-nutritional-standards-for-catering-in-health-and-social-care
Organisation Name	<i>Research and Evidence Based Activities</i>		

Department of Health NI	Health Survey Northern Ireland	<p>The Health Survey Northern Ireland 2016/17 first results were published on 24 October 2017 and is available on the Department's website. Key stats to note include:</p> <ul style="list-style-type: none"> • 63% adults are overweight (36%) or obese (27%) • Obesity levels have shown an upward trend over the last decade from the 24% (obese) recorded in 2005/06 • 25% children aged 2-15 were classed as overweight (17%) or obese (8%) • Over the last decades the proportion of children classed as overweight or obese has remained at similar levels. • In keeping with previous survey results over half of the respondents (55%) reported meeting the CMO physical activity guidelines. • There was an increase in those who reported eating 5-or-more portions of fruit and veg a day from 37% in 2015/16 to 43% in 2016/17. 	https://www.health-ni.gov.uk/news/health-survey-ni-201617
Organisation Name	Other		
Department of Health NI	Soft Drinks Industry Levy	<p>The levy is due to take effect from April 2018. It is anticipated that Northern Ireland will have access to around £14.4 million per year for the next four years. It is up to the Executive to decide how this revenue should be spent. The Department has expressed its view that this revenue should be used in actions to help prevent Long Term Health conditions as a result of being overweight or obese. A paper was presented to the Northern Ireland Civil Service Board and we are currently awaiting further information as how to proceed or for further options to come forward. As there is no Executive sitting at present this is being discussed at a high level, and is included on the agenda at the All Departments Officials Group on 08 November 2017.</p>	https://www.gov.uk/government/consultations/draft-legislation-soft-drinks-industry-levy

Member Updates: Health Service Executive (HSE)

Organisation Name	Ongoing Campaigns		
HSE	<p>START</p> <p>#Little Things</p> <p>Get Ireland Active</p>	<ul style="list-style-type: none"> • Partner in START childhood campaign with safefood and Department of Health. Advertising campaign launched 31st October. 2018 HSE will develop training and resources for health professionals as well as promoting campaign to staff who are parents. • #Little Things campaign - healthy eating and physical activity are core components 	

- Social media campaign to promote participation in physical activity maintained. 30K Facebook followers, 2,700 Twitter followers, 2,500 Instagram followers

		<ul style="list-style-type: none"> • Social media campaign to promote participation in physical activity maintained. 30K Facebook followers, 2,700 Twitter followers, 2,500 Instagram followers 	
Organisation Name	<i>Schools, Workplace, Community initiatives</i>		
HSE	Schools	<p>Delivery of teacher training in partnership with DES-PDST – 67 Teachers participated in HSE/PDST Summer School, 192 Teachers participated in Get Active in Classroom workshop as part of PDST Fundamental Movement Skills training</p> <p>Redevelopment of SPHE resource Healthy Living, Healthy Times, Healthy Choices to support Junior Cycle Health & Wellbeing Curriculum in progress.</p>	
	Workplace	<p>Commenced project with collaboration of safe food to develop Minimum Nutrition Standards for Health and Social Care Services in RoI</p> <p>Steps to Health challenge – co-ordinated national 10k steps a day challenge targeting all health service staff. Target 1% update – actual 2.5% of all staff. Will run again in 2017</p>	
	Community	<p>Delivery of Community Cooking Programmes</p>	
Organisation Name	<i>Health Services</i>		
HSE	<i>Making Every Contact Count</i>	<p>Development of blended learning training programme due for completion end 2017 with delivery training to commence in early 2018. Focus developing brief intervention skills and knowledge across Healthy Eating / Physical Activity / Tobacco and Alcohol.</p> <p>Chronic Disease Prevention Undergraduate training integrated into core curriculum for all Higher Education Institutes training health professionals. First cohort of students commencing Sept 2017 – incorporates a focus on healthy eating and physical activity and brief intervention skills development</p> <p>Professor Donal O’Shea has been appointed as Clinical Lead for Obesity Management</p>	
Organisation Name	<i>Research and Evidence Based Activities</i>		

HSE	Healthier Vending Policy	NNSC commissioned to carry out an analysis of vending data to assess compliance with Healthier Vending Policy. Results due end 2017.	
	Calorie Posting Policy Implementation	SpHERE Phd Research student Claire Kerins – research project to assess the barriers and enablers for the implementation of Calorie Posting Policy in health services. Protocol development and data collection in 2018. Results expected 2019.	
	Men on the Move	Research project complete, final results due early 2018. Significant impact on BMI, Waist circumference, Fitness of participants. Delivery of programme maintained in counties participating in research.	
Organisation Name	<i>Other</i>		
HSE	Healthy Weight for Children Framework	Progressing the development of a framework for action to embed promotion of healthy weight and obesity prevention in health services at CHO and Hospital Group level and guide engagement with partners in community and education settings.	

Member Updates: Irish Cancer Society

Organisation Name	<i>Ongoing Campaigns</i>		
Irish Cancer Society	12 Ways to Reduce Cancer campaign	Ongoing Promotion of the EU Code against Cancer: Be A Healthy Weight / Be Physically Active. Promoting through community volunteer programme, Daffodil Centres, distribution of literature through local health services, pharmacies and GP surgeries, Social Media and PR.	
Organisation Name	<i>Schools, Workplace, Community initiatives</i>		
Irish Cancer Society	Fit For Work and Life Programme	The purpose of this programme is to offer unemployed people (particularly young people aged 18-36) from lower SES groups, a high quality and accredited health and wellbeing programme to sustain them for work and family life and to empower and motivate them to take control over their health. The programme aims to create a better understanding of how health interrelates with lifestyle including family life and the prospect of work. It also aims to create higher health awareness and knowledge, for example by showing what are the signs and symptoms of cancer.	

Furthermore, it provides information on community health and support services which can support the participants.

- 4 regional Partner Organisations, 24 trainers trained with up to 500 participants on the programme
- Programme currently being evaluated by Dr Noel Richardson Carlow IT

Member Updates: Irish Heart

Organisation Name	<i>Ongoing Campaigns/Initiatives</i>	
Irish Heart	Workplace	<p>Heathy Eating Awards 62 companies have achieved the awards for 2017.</p> <p>Active@Work Programme Active @ Work Training Days ongoing throughout the year. Active@Work Award - 41 companies have achieved this award for 2017 Walking Challenge Step Challenge</p> <p>Health Checks Both full and mini health checks ongoing</p> <p>Slí @ Work Walking Leader Training ongoing throughout the year.</p>
	Schools	<p>Physical Activity – Launched Let’s get Active award for primary schools which is a 4 week challenge for children with the aim of supporting children, parents and teachers to help children to reach their 60 minutes of physical activity day. Over 5,000 students have taken part in the programme in 6 weeks with each child receiving a activity workshop, sticker pack and certificate.</p> <p>Ongoing promotion of several teacher resources for both Primary and post-primary school, mainly Action for Life and Bizzy Breaks at primary level.</p> <p>Healthy Eating – Forty five post-primary schools are registered for the new ‘Happy Heart @ School Catering Award’, adapted from Irish Heart’s longstanding workplace Healthy Eating Award. The programme aims to support achievement of a healthy catering standard and to help ensure healthy choices are provided and promoted to students.</p>

		<p>CPR 4 Schools for Post Primary Schools Over 10,600 people received CPR training in secondary schools thanks to the CPR 4 Schools Programme. Over 560 teachers were trained in the programme in 2016/2017 with each school receiving CPR training kit worth over €600 and an online CPR programme to train their students.</p>	
	Pre School	<p>Kids Active Physical Activity Resource Fundamental movement skills physical activity programme for preschools.</p>	
	Community	<p>Farmers Have Hearts Health Checks Trained Irish Heart nurses perform free blood pressure checks and give general heart health advice to farmers at marts. Currently working with Carlow IT on research project "Assessing the effectiveness of a gendered approach to a behaviour change programme designed to improve the health status of Irish livestock farmers." Field work to commence end 2017</p> <p>Mobile Health Unit Unit has been on the road for over a year now. Trained Irish Heart nurses perform free blood pressure checks for the public throughout the country.</p> <p>Slí na Sláinte Community Walking Leader Training ongoing throughout the year Currently working with Athlone IT on evaluation of community routes 220 walking routes throughout the country</p> <p>Community Hearts Projects (3 disadvantaged groups) – food initiatives and community gardens.</p>	
	Obesity/Advocacy	<p><i>Who's Feeding the Kids Online Research paper</i></p> <p>Stop Targeting Kids Campaign details are here: https://irishheart.ie/campaigns/stop-targeting-kids Following initial digital/social media launch, we are now taking the campaign on the road, seeking signatures at Irish Heart activities nationwide</p>	
Organisation Name	Health Services		
Irish Heart	<i>Helpline Nurses</i> <i>Atrial fibrillation Campaign</i>	<p>Freephone helpline Mon - Fri 9am - 5pm, Thurs till 7pm</p> <p>Online campaign to high-light Atrial Fibrillation, what it is, how to check your pulse at home</p>	
Organisation Name	Other		

Irish Heart	Heart Month	Heart Month ran for the full month of September. The theme was Stroke Prevention. Stroke is the biggest cause of acquired disability and the third biggest cause of death in this country. An 8-page DL leaflet focusing on lifestyle changes to avoid stroke was available to download/order for free from Irish Heart Website along with A3 poster. Over 12000 leaflets were distributed over the campaign period.	
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Member Updates: Public Health Agency (PHA)

Organisation Name	<i>Ongoing Campaigns</i>		
Public Health Agency (PHA)	Choose to Live Better	On hold for 2017-18	
Organisation Name	<i>Schools, Workplace, Community initiatives</i>		
Public Health Agency (PHA)	Early Years Obesity Prevention programme	Programme being developed to prevent and manage overweight and obesity in 0-5 year olds. Workshop held with key stakeholders, and agreement that programme would be run through Sure Starts where available, and also with Health Visiting Teams. Approval given to tender for a training provider.	
	Food in Schools	Revised Nutritional Standards for School Meals have been consulted upon and are awaiting Ministerial approval. Will be rolled out from September 2018.	
	Walking for All	New multi-agency walking programme being developed, merging Walking for Health and Walking in your Community.	
	Active Travel	Suite of programmes focusing on schools, workplaces and community. <ul style="list-style-type: none"> An additional 60 schools joined the Active School Travel programme in September (total now 281), encouraging more children to walk and cycle to school. Community Active Travel programme will have its formal launch later in November. 	
	Cooking skills	Suite of programmes continue to be offered, including Cook It, I Can Cook it, Food Values, Good Food Toolkit	

	Choose to Lose	Community weight management programme, based on NHS Choices 12 week programme continues its pilot stage in all 5 Trusts. Evaluation scheduled for Q4.	
	Get Active Belfast	New Framework for Physical Activity launched in September, through Active Belfast Partnership. Funding awarded through Active Belfast Small Grants to 13 physical activity and healthy eating programmes in 2017-18, focusing on active travel and active neighbourhoods	
	Couch to 5k	Jogging programme ongoing in partnership with local councils, targeting sedentary people	
	Nutrition Matters for the Early Years	Training continues to be provided to daycare facilities and childminders to improve healthy eating in very young children.	
Organisation Name	<i>Food Poverty</i>		
Public Health Agency (PHA)	Fare Share	Food redistribution programme continues.	
Organisation Name	<i>Health Services</i>		
Public Health Agency (PHA)	Weigh to a Healthy Pregnancy	Weight management programme for pregnant women to be expanded from April 2018 from women with a BMI over 40, to a BMI over 38 (doubling the numbers accessing the programme)	
	Physical Activity Referral Programmes	Physical activity programme for people referred by GP or other health professional. New regionally consistent programme to commence in April 2018 with standardised inclusion and exclusion criteria.	
	Minimum Nutritional Standards in HSC	In partnership with Safefood and Food Standards Agency – new standards for all food and beverages served to staff and visitors in HSC settings launched in June 2017. Second recruitment exercise underway for a lead dietitian to drive implementation.	

Member Updates: *safefood*

Organisation Name	<i>Ongoing Campaigns</i>
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safefood	<p>Childhood Obesity Campaign (2013-2016)</p> <p>START campaign</p> <p>Folic Acid</p>	<p>Evaluation of the 3-year 'Let's take on childhood obesity' campaign is now available online. Over the 3 years we recorded evidence that the campaign has driven awareness that excess weight in childhood is associated with poorer health in later life. We have been effective in changing some attitudes and behaviours, with some specific messages proving more effective than others.</p> <p>START is a new 5-year public awareness campaign aimed at maintaining a healthy weight in children across the island of Ireland. The campaign was developed in partnership with Department of Health and Public Health Agency in Northern Ireland; and Healthy Ireland, Department of Health and Health Service Executive in the Republic of Ireland.</p> <p>The folic acid campaign was live from the 26th of September to the 22nd of October. The campaign was delivered through social media. The target audience was women (18-30 years) who were not planning a pregnancy. The campaign aimed to encourage young women to consider folic acid as part of their daily routine. Evaluation of the campaign is now underway.</p>	<p>http://www.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Publications/Childhood-Obesity-Campaign-Evaluation-Final.pdf</p> <p>http://www.safefood.eu/Start/Welcome.aspx</p> <p>http://www.safefood.eu/News/2017/Irish-women-three-times-as-likely-to-check-their-s.aspx</p>
Organisation Name	<i>Schools, Workplace, Community initiatives</i>		
safefood Food Standards Agency, Public Health Agency and safefood	<p>MediaWise</p> <p>Nutritional Standards for School Meals</p> <p>Minimum Nutritional Standards for</p>	<p>MediaWise, a media literacy resource for schools was made available online. It was promoted to all primary schools in the Republic of Ireland in September. It is available in an online format and as a hard copy resource.</p> <p>safefood and the HSE, in cooperation with members of the School Meals Programme in the Department of Employment Affairs and Social Protection and Department of Education and Skills helped develop nutritional standards for school meal schemes funded by the Department of Social Protection. These standards were adapted from the Nutritional Standards for Food in Schools in Northern Ireland.</p> <p>Standards were launched by the CMO in Belfast, on the 16th of June 2017. The Food Standards Agency, safefood and the Public Health Agency hosted a workshop with Innovation Lab (Department of Finance NI) on the 20th of September. The Innovation Lab will have an input on both</p>	<p>http://www.safefood.eu/Education/Primary-(ROI)/MediaWise.aspx</p> <p>http://health.gov.ie/wp-content/uploads/2017/09/nutrition-guidelines-1.pdf</p> <p>http://www.publichealth.hscni.net/site/default/files/Mini</p>

	Healthcare Facilities	implementation and evaluation of the program and we are expecting a set of guidelines and recommendations to be agreed shortly. The steering group is in the process of recruiting a lead dietitian/nutritionist for the implementation of the standards. safefood is now working with HSE with the view of adapting these standards to ROI.	mum%20Nutritional%20Standards%20Report%202017.pdf
	Community Food Initiative Programmes	Evaluation of the Community Food Initiative Programme 2013-2015 is now available online. The current CFI programme is nearing the end of its second year. Details of the 13 projects taking place through the course of 2016-2018 is available online. http://www.safefood.eu/Professional/Nutrition/Food-Poverty/Demonstration-Programme-of-Community-Food-Initiati.aspx	http://www.safefood.eu/Publications/Research-reports/Evaluation-of-the-Community-Food-Initiative-Progra.aspx
Organisation Name	Food Poverty		
safefood	All-island Food Poverty Network	The network have meet in February, April and September 2017 to discuss updates and progress on work plans. Over the year the Network has welcomed new members. A workshop was held on the 27 th of September in Dublin. Presentations focused on looking at current trends in food prices and investigating new ways of enhancing nutritional education both inside and outside the school environment .A bi-annual newsletter was presented and will be launched in 2017. The newsletter will highlight relevant research and reports, events and will also collate media clippings relating to Food Poverty and Insecurity.	http://web.safefood.eu/safefoodeu-avd5u/pages/skdxyhdxeeermqbkvrkaga.html
Organisation Name	Research and Evidence Based Activities		
safefood	Ongoing	<ul style="list-style-type: none"> ➤ Folate Status in pregnant women: current situation on the island of Ireland ➤ Weaning practices on the island of Ireland ➤ Cost of childhood overweight and obesity ➤ Iodine status: Is there a public health issue on the island of Ireland? ➤ Why are adults giving food treats to children? ➤ Investigation into the balance of healthy versus less-healthy food promotions among Republic of Ireland food retailers 	

	CHRODIS	<ul style="list-style-type: none"> ➤ Do nutrient and health claims have an impact on the perceived healthiness and the amount of foods/meals eaten by adults on the island of Ireland? ➤ What's on your child's plate? Food portion sizes and the proportion of different food groups eaten by children on the island of Ireland <p>The safefood Childhood Obesity Campaign (2013-2016) and the Community Food Initiative Programme (2013-2015) have been updated on the online CHRODIS platform. The CHRODIS platform hosts a collection of good practices for the prevention and cure of chronic disease. It is the first EU-wide collection of practices that are evaluated against broadly agreed assessment criteria.</p>	http://platform.chrodis.eu/
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Member Updates: Sport Ireland

Organisation Name	Ongoing Campaigns		
Sport Ireland		<p>Sport Ireland are the lead agency with responsibility for 7 actions within Healthy Ireland's National Physical Activity Plan for Ireland. Sport Ireland's network of Local Sports Partnerships and National Governing Bodies of Sport are also listed as partner organisations in over 20 separate actions, all of which aim to increase physical activity levels across the Irish population. Within Healthy Ireland's 'A-Healthy-Weight-for-Ireland-Obesity-Policy-and-Action-Plan-2016-2025', The National Physical Activity Plan for Ireland is acknowledged as having a key role in the prevention of overweight and obesity across Irish Society.</p> <p>The 2017 Sport Ireland Cycle Series, 5 mass participation cycling events organised through Sport Irelands Local Sports Partnerships, commenced in May of this year and finished in September. Events incorporate Cycling Irelands 'Bike for Life' introduction to cycling programme and a range of 'Sofa 2 Saddle' type activation programmes. These events combine family fun and child friendly routes and activities alongside a choice of routes to suit beginner, intermediate and advanced cyclists and over 13,000 people took part in 2017.</p> <p>The European Week of Sport ran from the 23rd-30th September. The European Week of Sport is a weeklong celebration of sport and physical activity and had 500 events taking place nationally throughout the week including the Great Dublin Bike Ride and the National Fitness Day as flagship events. The week also hosted Ireland's first ever Family Sportfest and the #BeActive Schools' Campaign. Sport Ireland has engaged with local, regional and national partner organisation to</p>	

		<p>ensure that the week is promoted nationwide and that a wide variety of events are available for people to participate in.</p> <p>The Great Dublin Bike Ride was the flagship event for the European Week of Sport and took place on the 24th September through the streets of Dublin and surrounding countryside. 6,071 riders took part in the event, many of whom will have targeted this event to graduate from introductory sofa to saddle courses.</p> <p>Sport Ireland partnered again this year with Operation Transformation throughout their summer spin off series, Celebrity Operation Transformation. 5 well know Irish celebrities were provided with the opportunity to reactivate their interest in sport and physical activity by trying out a range of different activities through local clubs and National Governing Bodies of Sport. The Sport Ireland National Sports Campus was showcased on the programme with the celebrities being introduced to some new sports including the 5 pentathlon disciplines of fencing, swimming, show-jumping, pistol shooting and running.</p> <p>Sport Ireland will work closely with Operation Transformation in January and February 2018 to deliver events to engage and activate thousands of followers of the show. Sport Ireland and the national network of Local Sports Partnerships will deliver a programme of national walking and running events which will build on the success of the television programme. In 2017, Sport Ireland network of Local Sports Partnerships hosted 78 events operation Transformation Nationwide Walks with over 13,500 walkers taking part.</p> <p>A Sport Ireland Policy on Participation in Sport by People with Disabilities will be launched next month which continues the supports provided to many organisations, including national governing bodies of sport, local sports partnerships, CARA Centre and Paralympics Ireland, to extend and develop physical activity programmes for people with disabilities and their families.</p>	
Organisation Name	<i>Schools, Workplace, Community initiatives</i>		
Sport Ireland		<p>Schools: Sport Ireland, through its Local Sports Partnership network, rolls out Youth Leadership/Sport Leadership training to secondary level students to help develop their leadership skills and empower them to contribute to Sport in their community. The syllabus is designed to develop generic leadership skills that can be applied to a variety of sports and/or recreational situations as well as contributing to the personal development of the learner.</p>	

The 'Schools Walking Project', which has recently been developed by Get Ireland Walking in collaboration with Sport Ireland, Mountaineering Ireland & Healthy Ireland and funded through the Dormant Accounts Fund, aims to increase physical activity levels in adolescent schoolgirls through a flexible walking programme. The aim of the programme is to keep teenage girls involved in physical activity and to reactivate girls who may have already decreased involvement or dropped out participating in sport or physical activity.

Workplace:

Sport Ireland recently contributed to the Healthy Ireland Workplace Framework consultation process through the Institute of Public Health in Ireland which is being coordinated by the Department of Health and the Department of Jobs, Enterprise and Innovation. The aim of the process is to develop a practical resource to help create and sustain healthy workplaces throughout Ireland.

Community Initiatives:

Sport Ireland has helped to develop 15 Community Sports and Physical Activity Hubs across Ireland since 2015. These Hubs seek to work with sports clubs and local organisations to improve the sport offering in their local communities. The hubs provide information, support and advice on a wide range of sports and physical activities to make it easier for people in disadvantaged areas to get involved and engage in a more active and healthier lifestyle. Further hubs will be developed with support from the Dormant Accounts Fund in 2017.

Sport Ireland's Community Coaching programme focuses on successfully assisting unemployed people to gain employment in the sports sector. It also aims to contribute to the promotion of both physical and mental health amongst participants and in the community through the subsequent employment and volunteering work carried out by participants. Local Sports Partnerships are seeing further success with Community Coaching programme being rolled out within their Community Sports and Physical Activity Hubs with local people receiving training and education to deliver sport and physical activity within their own areas.

Get Ireland Walking is a national initiative of Sport Ireland that aims to maximise the number of people participating in walking - for health, wellbeing and fitness - throughout Ireland. They aim to unify and enable the efforts of all recreational, sporting and health promotion agencies and associations interested in promoting walking. The Get Ireland Walking - Active Community Walking Programme was run in 24 counties through the Local Sports Partnership network in 2016. A new Get Ireland Walking Strategy has been launched which will see 100 new Active Community Walking Groups being delivered with 29 Local Sports Partnerships across the country, as well as

training for new walking leaders in a range of rural and urban communities. In 2017 Get Ireland Walking is expanding to deliver two new walking programmes, one in association with the Irish Men's Shed Association and the other focussed on disadvantaged communities.

Sport Ireland is seeking to develop a physical activity for health culture in Ireland through the development Get Ireland Running, Get Ireland Cycling and Get Ireland Swimming initiatives.

Organisation Name

Research and Evidence Based Activities

Sport Ireland

The Irish Sports Monitor is a nationally representative population survey that measures adult participation in sport and physical activity across the Republic of Ireland and compares it with information published from previous years. For the 2015 report, survey data was collected from over 8,500 adults aged 16 years and older between April 2015 and April 2016. The 2017 report is currently underway and data collection will conclude in December 2017 with an interim report examining the first six months of data collection due in the latter half of 2017 and the full year report in Q2 of 2018. The Irish Sports Monitor has been collecting data and publishing reports since 2007 with six reports published to date.

In January data collection for the follow up study to the Children's Sport Participation and Physical Activity study will begin. Students in 5th and 6th class of primary school and students in 1st – 6th class of post primary school will be surveyed through self-reported questionnaires and accelerometers to examine physical activity and the proportion meeting the activity guidelines. Health outcomes will also be measured i.e. blood pressure, BMI etc. and focus groups will be used to explore children's experience of sport and physical activity.

Sport Ireland also work with Age and Opportunity (Go For Life programme) to conduct Research examining the participation and attitudes of older people in Ireland towards physical activity and sport. Sport Ireland also sits on the steering group for CarePALS which is delivered by Age & Opportunity and works to increase physical activity among trainers and older adults in care settings.

Sport Ireland are also working as a partner alongside the Department of Health (lead responsibility) on the below physical activity research, as outlined in the National Physical Activity Plan for Ireland:

		<p>Establish a systematic, regular and long-term national surveillance system to monitor physical activity levels in each of the target groups, including key performance indicators aligned with Healthy Ireland</p> <p>Establish a set of baseline figures on physical activity and sedentary levels for each of the target groups</p> <p>Establish a research programme to inform policies aimed at improving physical activity levels in each of the target groups</p> <p>Develop a national database for sharing examples of quality evidence-based practice and programmes</p> <p>Develop a standardised evaluation framework for publicly funded programmes designed to increase physical activity levels</p> <p>Conduct research in to the economic costs of inactivity in Ireland/benefits of investment in physical activity as a preventative strategy.</p>	
Organisation Name	<i>Other</i>		
Sport Ireland		<p>Sport Ireland also have a focus on the below actions, as outlined in the National Physical Activity Plan for Ireland:</p> <p>Implement and support participation programmes with a focus on disadvantaged communities</p> <p>Strengthen and enhance the capacity of the LSPs to further develop locally led plans and more long-term sustainable physical activity programmes</p> <p>Continue to support the work of the National Governing Bodies of sport in implementing programmes to promote physical activity</p> <p>Develop programmes to address transitions and drop out from physical activity and sport</p>	