



**All-island Obesity News**  
**E-bulletin of the All-island Obesity Action Forum**  
**Volume 1, Issue 5, November/December 2009**

This fifth edition of *All-island Obesity News* marks the first anniversary of the Forum. During the past year, two successful meetings and workshops have been hosted by the Forum; membership of the Forum has grown and All-island Obesity News has gone from strength to strength. This is coupled with developments in each jurisdiction on tackling obesity. At a policy level, work is continuing on the development of an obesity strategy in Northern Ireland and work is ongoing in the Republic of Ireland on the implementation of the Report of the National Taskforce on Obesity. In the past month we have also seen the publication of the Northern Ireland Assembly's Health Committee report into obesity. While much work is being undertaken it is necessary that we continue to focus our efforts in tackling this issue collaboratively.

I would like to take this opportunity to wish you all a happy Christmas and best wishes for the year ahead.

*Martin Higgins*

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

**We want to hear your views on this e-bulletin.** Click on the following link to complete a quick online survey - <http://www.surveymonkey.com/s/97MHQS7>.

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

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## Obesity Prevention Steering Group NI Update

The Health Development Policy Branch of the Department of Health Social Services and Public Safety issues a newsletter which provides an update on the development of the Obesity Prevention Strategic Framework (OPSF). The latter seeks to tackle the rise in overweight and obesity in Northern Ireland. If you would like to subscribe to this newsletter please contact the Health Development Team at [hdpb@dhsspsni.gov.uk](mailto:hdpb@dhsspsni.gov.uk) or by post at: Room C4.12 Castle Buildings, Stormont Estate, Belfast BT4 3SQ.

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## ROI Obesity Implementation Group Update

Sub-committees of the Intersectoral Group have been set up to examine various topics and will update the Group on their deliberations. A meeting of the Intersectoral Group will take place early 2010.

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## General news

### **01.12.09: Obesity in Ireland is now one of the major challenges which faces the health services (ROI)**

The Department of Health and Children published *Health in Ireland: Key Trends 2009*. This is the second edition of this report (previous report was published in 2007) which presents, in booklet format, a range of data on significant trends in health and health care over the past decade. Read [press release](#) and [download report](#).

### **30.11.09: Call for one-cent levy on junk food (ROI, Irish Independent)**

A ONE-CENT levy should be slapped on crisps, chocolate bars and other junk foods, the Labour Party said last night. The money collected from a government levy could help to deal with the obesity epidemic. Labour's Mary Upton said the cash should be ring-fenced for healthy eating promotions and for providing more sports facilities.

### **20.11.09: Community urged towards 'Healthy Weight' (UK, BBC News)**

A new approach to healthy eating and exercise, based on a successful French initiative, is being adopted by residents of a Lanarkshire town. Viewpark in North Lanarkshire has been chosen as the region's first Healthy Weight Community. The aim is to bring communities together to work on the problem of childhood obesity. [Read more](#).

### **17.11.09: Study says 43 percent of Americans could be obese by 2018 – costing \$344 billion annually (US)**

A study sponsored by the United Health Foundation, Partnership for Prevention, and American Public Health Association has found that, if left unchecked, 43 percent of Americans will be obese by 2018, costing the health care system \$344 billion annually. [Read more](#).

### **17.11.09: Increased obesity hindering success at reducing heart disease risk (US)**

The dramatic increase in overweight and obesity in adult Americans over the past 20 years has undermined public health success at reducing risk for heart disease, according to research presented at the American Heart Association's Scientific

Sessions 2009. The study found that blood pressure and blood glucose are closely linked to obesity and these adverse trends track with the change in body weight. The study also found the decreasing prevalence of optimal blood pressure and fasting glucose appeared to undermine improved LDL cholesterol and smoking status. [Read more.](#)

#### **16.11.09: Increase in obesity places strain on resources says Health Committee (NI)**

Growing levels of obesity place an enormous strain on the local healthcare system and budgets. That's the message from the Northern Ireland Assembly's Health Committee which today released a comprehensive report into obesity. The report brings together the main findings of an inquiry which the Committee launched in January 2009. Read the [Report on the Inquiry into Obesity.](#)

#### **14.11.09: 10 year follow-up of diabetes incidence and weight loss in the Diabetes Prevention Program Outcomes Study (UK)**

In the 2-8 years of the Diabetes Prevention Program (DPP) randomised clinical trial, diabetes incidence in high-risk adults was reduced by 58% with intensive lifestyle intervention and by 31% with metformin, compared with placebo. Research published in the Lancet has investigated the persistence of these effects in the long term, and found that prevention or delay of diabetes with lifestyle intervention or metformin can persist for at least 10 years. [Read article abstract.](#)

#### **13.11.09: Obesity means pensioners less fit than their parents (US)**

Researchers have found that those that retired in the last 10 years were less mobile and less able to look after themselves than the generation before them at the same stage of life. Society thus faces increased costs to meet the health care needs of these disabled Americans. The study was carried out at the University of California. [Read article abstract.](#)

#### **13.11.2009: Over 800 Iconic Monuments Light in Blue as Millions Mark World Diabetes Day (World)**

November 14 marked World Diabetes Day – a global awareness campaign led by the International Diabetes Federation (IDF) that highlights the diabetes epidemic and aims to bring hope to the 285 million people living with diabetes worldwide. [Read more about World Diabetes Day.](#)

#### **12.11.09: The Nutrition and Health Foundation urges Irish men to wake up (ROI)**

New research results released show that only 15% of Irish men compared to 31% of Irish women feel they would like to weigh 'a lot less'. This is despite the fact that 2 out of 3 men are either overweight or obese (44% overweight and 22% obese) (SLAN, 2008). Although it is encouraging that overall 59% of the male and female respondents had taken action to try to lose weight in the past year. However men's perception of their ideal weight is a matter of concern with almost half believing they are about the right weight and therefore possibly placing themselves at risk of further weight gain and associated health problems. [Read more.](#)

#### **12.11.09: Sugar and fat-rich diets cause obesity by altering gut bacteria (UK, Times)**

Scientists in the US have discovered that Western diets rich in fat and sugar are causing obesity not only because they are so dense in calories but because they are changing the bacterial contents of the human gut. The findings, from a team led by

Jeff Gordon, of Washington University in St Louis, add to growing evidence that diet-induced changes in human gut flora are a significant factor in the obesity epidemic. [Read article in the Times.](#)

**11.11.09: New Singapore study to prevent obesity and diabetes in adults focuses on expectant Mums, babies (Singapore, Medical News Today)**

Three Singapore biomedical institutions have launched a major, long-term study of pregnant mothers and their fetuses as well as infant children to determine just how profoundly environmental factors early in life influence the onset of diseases such as obesity and diabetes in later years. The study will involve researchers based at the KK Women's and Children's Hospital (KKH), the National University Hospital (NUH) and the Singapore Institute for Clinical Sciences (SICS). [Read article in Medical News Today.](#)

**09.11.2009: Obesity – what a waist (UK, The Guardian)**

Public health campaigns make a fetish of BMI – body mass index. In reality, it's a fat lot of good compared to a tape measure. [Read more.](#)

**09.11.09: One third of us think that we are overweight (ROI, Irish Independent)**

Almost one third of people in Ireland think they are overweight. Figures published ahead of World Diabetes Day revealed that 34pc of women think they are carrying extra weight compared with a quarter of men. [Read more.](#)

**09.11.2009: Weight-loss Medicine all Miss-sold in Pharmacies (ROI)**

An investigation by the Consumer's Association of Ireland (CAI) has found that many pharmacies are breaching the terms of sale of Ireland's first over-the-counter weight-loss medicine alli. Eight out of twenty pharmacies which were visited at random were willing to sell alli despite the CAI's researcher having a BMI of 19.1 - nine points under the manufacturer's guideline BMI of 28!

The full report is published in /Consumer Choice, /the CAI's monthly independent consumer affairs magazine. [Read press release.](#)

**06.11.09: Institute to fight obesity opens (UK)**

A centre to tackle obesity has opened in Rotherham where a third of the children and 60% of adults are overweight. Based at Clifton Medical Centre, the Rotherham Institute for Obesity offers a gym, cooking classes and specialist support services. The centre has specialist staff such as obesity nurses and dieticians. [Read BBC News article](#) or visit [Institute's website.](#)

**05.11.09: Obesity is the cause of many types of cancers, US researchers say (US)**

Over 100,000 types of cancers are caused by excess body fat, according to the American Institute for Cancer Research. Being overweight makes a person susceptible to cancer because it increases the amount of hormones like estrogen circulating in the body and disrupts how the body processes insulin, which is linked to higher risk of cancer. Being overweight also creates low-grade inflammation in the body, which is increasingly being found to play a role in cancer, according to AICR health experts. [Read more.](#)

**03.11.09: Obesity expert hints at industry's 'free ride' (UK, Financial Times)**

Klim McPherson, chairman of the National Heart Forum and visiting professor of public health epidemiology at Oxford University, who led research showing that obesity is

rising less rapidly than previously predicted has cast doubt on the effectiveness of government policies to tackle the problem. He criticised Change4Life, the government's programme to encourage healthier lifestyles in part through partnerships with companies, saying that "industry has had a bit of a free ride". Professor McPherson cautioned that the drop in obesity could be temporary and it was difficult to explain what was behind it. [Read article in Financial Times](#) (restricted access).

### **03.11.09: Child obesity 'is levelling off' (UK)**

The National Heart Forum has found evidence that the rate of increase in childhood obesity may be starting to slow. Its figures suggest that by 2020 the proportion of boys aged 2-11 who will be overweight or obese will be 30% - not 42% as previously predicted. The National Heart Forum based its latest predictions on data collected for the Health Survey for England between 2000 and 2007. Read NHF [press release](#) and [report](#).

### **02.11.2009: 4th Anniversary of the EU Platform for Action on Diet, Physical Activity & Health (EU)**

To mark the fourth anniversary of the EU Platform for Action on Diet, Physical Activity & Health, Robert Madelin, Director General for Health and Consumers (DG SANCO) of the European Commission speaks to EUFIC about the maturation of this multi-stakeholder platform, the power of co-operative voluntarism, with accelerated outputs to address nutrition and health issues in Europe. [Read more](#).

### **02.11.09: Men twice as likely not to know they have diabetes (UK)**

New research suggests men over 50 are nearly twice as likely to have undiagnosed Type 2 diabetes than their female counterparts, warns Diabetes UK today. Published in the journal *Diabetic Medicine*, a nationally representative study of 6,739 52- to 79-year-olds found 502 to have diabetes. Of the men with diabetes, 22 per cent did not realise they had the condition before the study, compared to 12 per cent of the women. [Read more](#).

### **01.11.09: Obesity 'will cause more liver damage than alcohol' (UK, The Guardian)**

Professor Christopher Hawkey, president of the British Society of Gastroenterology, has warned that obesity will overtake alcohol as the main cause of liver cirrhosis in the "not too distant future". A BSG poll of 1,959 people released 01 November 2009 found that while the majority understood that obesity could cause diabetes, high blood pressure and infertility, few understood its link to certain cancers or liver problems. [Read more](#).

### **29.10.09: 10 year follow-up of diabetes incidence and weight loss in the diabetes prevention program outcomes study (US)**

Results from the Diabetes Prevention Program Outcomes Study (DPPOS) indicate that lifestyle intervention can reduce the onset of type 2 diabetes by 34 percent compared with placebo. DPPOS is the long-term follow-up study to the landmark Diabetes Prevention Program (DPP), a randomized clinical trial that found the lifestyle intervention reduced the incidence of type 2 diabetes in high-risk adults by 58 percent over 2.8 years while metformin reduced the risk by 31 percent compared with placebo. [Read article abstract](#).

**28.10.09: NHS obesity admissions 'rocket' (UK, BBC News)**

Figures for England released by the NHS Information Centre show an annual rise of 60% in conditions linked to obesity and a 360% increase on five years ago. There were 8,085 admissions for obesity in 2008-2009 in England, more than half of which were for surgery. [Read more.](#)

**23.10.09: Drug breakthrough offers real hope in war on obesity (DK)**

People taking the highest dose of a new anti-obesity drug lost more than a stone in weight in 20 weeks, a study has shown. The amount of weight lost was almost three times that in a control group given a placebo, and 50pc more than those given a rival treatment, which is the current brand leader for the treatment of obesity. The drug, liraglutide, is the first of a new class of anti-obesity agents that mimic the action of a hormone that occurs naturally in the gut, reducing hunger. [Read article abstract.](#)

**19.10.09: Worldwide diabetes prevalence at an all time high (Worldwide)**

New data released by the International Diabetes Federation (IDF) show that the number of people with diabetes worldwide has doubled from 150 to 300 million over the past 10 years. The data is published in the fourth edition of the IDF Diabetes Atlas. [Read more.](#)

**19.10.09: Pre-diabetes 'time-bomb' warning (UK)**

An estimated seven million people in the UK have early warning signs of diabetes, charity Diabetes UK has said. People with pre-diabetes have higher than normal blood sugar levels and a 12 times increased risk of developing full-blown type 2 diabetes. Diabetes UK said recent research had shown pre-diabetes could cause long-term damage to the body, especially the heart and circulation, even before full-blown diabetes develops. [Read more.](#)

**19.10.09: Women warned about risks of being overweight during pregnancy (Australia)**

Many pregnant women are unaware that they are overweight or obese, and of the risks this poses to their pregnancy, according to the results of a study published in the Medical Journal of Australia (MJA). [Read article abstract.](#)

**15.10.09: TODAY trial evaluates pediatric family-based weight-loss lifestyle program (US)**

An ongoing multicenter US study known as "TODAY" may help guide future strategies for promoting weight loss among severely overweight children with conditions such as Type 2 diabetes. The program is designed to work with pharmacotherapy to improve diabetes control through sustained, moderate weight loss (7-10% of initial body weight, or the equivalent for children who are still growing in height). [Read article abstract.](#)

**14.10.2009: Two out of three people at risk of developing diabetes (ROI)**

AN alarming number of people in Ireland are at risk of developing diabetes, a study reveals. Two out of three people tested were found to be at risk of type 2 diabetes – a lifestyle disease that can be reversed if action is taken early enough. Two in every three people were also found to be either overweight or obese and more than eight in 10 had raised cholesterol levels. VHI Healthcare, who launched the major pilot screening study at the start of the year, described the interim results as alarming. [Read article in the Irish Examiner.](#)

### **12.10.09: Weight Loss Surgery rejected by obese children in new survey (UK)**

A survey, carried out by the Carnegie Weight Management team in Leeds has found that more than half the children on the Carnegie Weight Management programme viewed gastric band surgery as 'dangerous' and 'cheating'. Two-thirds of the children surveyed also said that they feel they do not get any support to overcome their weight issues when they are at school. [Read press release.](#)

### **12.10.09: Playtime initiatives could reduce childhood obesity (UK)**

Traditional playground equipment such as hula hoops, skipping ropes and frisbees are the key to tackling childhood obesity, according to a new study. The research, carried out by the University of Essex and funded by Heart Research UK gave an urban and a rural school in Colchester, Essex, a selection of play equipment and found children's activity levels increased "significantly" in both locations. [Read more.](#)

### **10.10.09: Adiposity and weight change in mid-life in relation to health survival after age 70 in women: prospective cohort study (UK)**

Research carried out by staff at Harvard School of Public Health, Brigham and Women's Hospital and the University of Warwick has found that mid-life adiposity, and weight change between age 18 and mid-life decreases the probability of maintaining an overall health status at older ages in women. [Read article abstract.](#)

### **07.10.09: Depression 'can double chances of becoming obese' (UK)**

People who are depressed or anxious are up to twice as likely to become obese as those in good mental health, a new study shows. The team behind the latest research said that people suffering from depression or anxiety were more likely to develop eating disorders and to take less exercise than others. The findings, published online by the British Medical Journal, show that people who developed anxiety or depression at one stage in their life were one third, 33 per cent, more likely to become obese than those in good mental health. [Read article abstract.](#)

### **07.10.09: Anti-obesity ad shocks New Yorkers (US)**

The new shock adverts, which are accompanied by the words "Are you pouring on the pounds?" target the billions of hidden calories which Americans consume each year in sodas and other sugary drinks. America has a serious soda habit: residents drink 15 billion gallons of the fizzy stuff each year. New York health officials say the images used in the new campaign are intended to be "ugly" and are designed to give people a jolt. [Read BBC News article.](#)

### **06.10.09: Rethinking how we design our surroundings to keep children safe (Canada)**

Injury is the leading cause of death for children over the age of 1 in industrialized countries and improving the safety of the manmade (built) environment will benefit children's health, according to an article in the Canadian Medical Association Journal. Unsafe environments are barriers to physical activity that is important to life long health. Changes such as speed control, traffic light phasing, fencing spaces and enhancing pedestrian visibility can reduce injuries by 50 to 75% in specific locations and 25% in wider areas. By making traffic safer for children, it increases the likelihood they will walk to school and can derive health benefits from physical activity. [Read journal article.](#)

**05.10.09: Frank Lampard and Thierry Henry to front Pepsi's anti-obesity TV ads (UK, The Guardian)**

Football stars Frank Lampard and Thierry Henry are to front an anti-obesity ad campaign launched by Pepsi that ties in with the government's £75m marketing push to reduce the waistlines of the nation's children. The multimillion-pound national ad campaign aims to drive home the message that "active parents make active kids". The ad campaign has been launched by PepsiCo, under the banner Play4Life, which forms part of the government's wider anti-obesity campaign called Change4Life. [Read article in the Guardian.](#)

**04.10.09: Expectant parents should be weighed to prevent fat children, says obesity charity (UK, Daily Telegraph)**

Britain's leading obesity charity says midwives should record the body mass index of newly pregnant women and their partners - and warn them about the risks of passing on poor eating habits to their children. The proposal from the National Obesity Forum follows research which found that patterns of obesity, which runs in families, are more likely to be caused by behaviour than genetics. A British study recently found that obese mothers were 10 times more likely than those of normal weight to have obese daughters. There was a six-fold rise among boys whose fathers had the same condition. [Read article in the Daily Telegraph.](#)

**04.10.09: D'oh! Homer Simpson to teach us healthy living (UK)**

Homer Simpson is known for munching doughnuts and swigging beer, but the Department of Health has decided that his family's lifestyle is healthy enough to enlist them in an anti-obesity campaign. The government is to sponsor episodes of the cartoon serial about the dysfunctional family for three months in an attempt to improve the nation's diet and increase exercise levels. Officials hope that families slumped in front of the Channel 4 programme will see a reflection of themselves in The Simpsons and realise they should probably be taking more care of their health. [Read article in the Times.](#)

**02.10.09: Diabetes and obesity rates soar (UK)**

The number of people diagnosed with diabetes in the UK has increased by more than 145,000 in the last year. New data from GP practices show that there are now more than 2.6 million people with diabetes in the UK and more than 5.2 million registered as obese. "These latest figures are extremely worrying," said Douglas Smallwood, Chief Executive of Diabetes UK. [Read more.](#)

**02.10.09: Concerns raised at public health and equality implications of North/South report One island One Lifestyle? (IOI)**

The Institute of Public Health in Ireland (IPH) welcomed the publication of a new report comparing health in the Republic and Northern Ireland, launched in Belfast. Entitled, "*One Island - One Lifestyle? Health and lifestyles in the Republic of Ireland and Northern Ireland: Comparing the population surveys SLÁN 2007 and NIHSWS 2005*", this report presents a North/South profile of physical and mental health, lifestyles and the experience of health services. Some of the key findings from the report show that one-quarter of respondents in both Northern Ireland (25%) and the Republic (24%) were classified as 'obese' according to their BMI. A further 36% in Northern Ireland and 39% in the Republic were 'overweight'. Read [press release](#) and [full report](#).

### **01.10.09: Large waist hard on the lungs: study (US)**

A study published in the journal Thorax has found that women who were overweight or obese were much more apt to have asthma than women at a healthy weight. The research, carried out at the Northern California Cancer Center in Berkeley, USA also found that regardless of a woman's weight, a large waist size, (of more than 88 centimetres or 34 inches), also conferred increased risk for asthma. [Read abstract.](#)

### **18.09.09: Physicians have less respect for obese patients, study suggests (US)**

As patients had higher body mass index (BMI), physicians reported lower respect for them, according to the study, being published in the November issue of the Journal of General Internal Medicine. The findings raise questions about whether negative physician attitudes about obesity could be affecting the long-term health of their heavier patients. [Read article abstract.](#)

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## **Nutrition news**

### **28.11.09: Portion size to the fore in IGD label rethink (UK, The Grocer)**

A new "common sense" approach to the obesity debate is being put forward by the IGD, backed by the industry and health experts alike. An IGD working group, chaired by Marks & Spencer and comprising Tesco, Kellogg's, United Biscuits, PepsiCo, Arla Foods and diet experts from the British Nutrition Foundation and the British Dietetic Association, has come up with a series of voluntary guidelines for communicating portion sizes to consumers. The key proposal is that all packaged retail products should provide nutrition information for the portion size and not just per 100g. Read more. [Read article in the Grocer.](#)

### **26.11.09: Takeaways Step Up to the Chippy Challenge (NI)**

Mayors, Chairpersons and Officers from nine different Council areas stepped out to launch an exciting new initiative, 'Small Steps to Healthier Choices.' 150 fast food outlets across nine Council areas are taking part in the groundbreaking project, which aims to offer a range of healthier options in local takeaways. [Read more.](#)

### **01.12.09: FSAI Survey Unveils Irish Attitudes to Food Labelling (ROI)**

The survey reveals that while one in four consumers in Ireland always read food labels when shopping for food, 27% said they rarely or never consult them. Food labelling was considered informative by nearly three quarters of consumers surveyed, and the main reasons these consumers read food labels is to look for nutrient information, calorie content, or to determine if the food contains specific ingredients. Read [press release](#) and [download report](#).

### **26.11.09: High street restaurant chains' healthy eating progress (UK)**

Five high street restaurant chains - Burger King, KFC, McDonald's, the Subway chain and Wimpy - have today set out how they intend to take further steps to provide their customers with healthier choices. [Read more.](#)

### **18.11.09: 'Two Thumbs Down' for Movie Theater Popcorn (US)**

WASHINGTON—It's hard to picture someone mindlessly ingesting three McDonald's Quarter Pounders with 12 pats of butter while watching a movie. But according to [new laboratory analyses](#) commissioned by the non-profit [Center for Science in the Public Interest](#), that food is nutritionally comparable to what you'd find in a medium popcorn and soda combo at Regal, the country's biggest movie theater chain: 1,610

calories and three days' worth—60 grams—of saturated fat. (Nutrition aside, that combo costs \$12—for raw ingredients that must cost Regal pennies.) Read [press release](#) and [report](#).

**18.11.09: One in six young people 'eat a ready meal or takeaway every day' (UK, Daily Telegraph)**

One in six young people eat a ready meal or takeaway every day, a new poll shows. A survey of 3,000 people also shows that half of Britons eat too much salt and 85 per cent admit they do not exercise for the recommended half an hour five times a week. Joe Korner, from the Stroke Association, said: "Regular exercise and lifestyle choices can help prevent a stroke – clearly a message Britain still needs to hear." [Read more](#).

**16.11.09: Parents could be packing more than 12 teaspoons of sugar into their children's lunch boxes (UK)**

PARENTS could be packing more than 12 teaspoons of sugar into their children's lunch boxes by giving them snacks designed for kids, a consumer campaign group has claimed. Which? assessed the nutritional content of items that fit into children's lunchboxes and found some were "full of salt and sugar". Read [article in Irish Examiner](#).

**15.11.09: Tax fizzy drinks to cut obesity and help NHS, says doctor (UK, The Guardian)**

Sugary soft drinks should be taxed to raise money for hospitals and to tackle obesity, a leading doctor has urged. Dr Kailash Chand, who chairs an NHS trust in the north-west, said a small charge on fattening drinks would reduce consumption while raising billions for the health service over the next decade. He also called for tax breaks for healthy behaviour, while warning that the cost of tackling obesity could "cripple" the NHS. [Read full article in the Guardian](#).

**15.11.09: School Nutrition Programme considers free meals for all primary pupils (Scotland, The Scotsman)**

Free school meals for all primary pupils could be introduced in Scotland as part of plans to tackle obesity levels in children. The Scottish Government is already planning to extend free meals provision to primary one, two and three children from next August despite complaints from cash-strapped councils about costs. But an expert panel commissioned by the SNP administration is now recommending that the policy is further extended to the last four years of junior school. [Read more](#).

**15.11.09: Breast-feeding is not best for Scottish mums (UK, The Times)**

Scotland has some of the lowest breast-feeding rates in Europe, with fewer than 1% of mothers in some areas willing to feed their newborns naturally. Last year, the Scottish government appointed an infant nutrition co-ordinator to draw up a breast-feeding strategy. Health boards will also receive £19m over the next year to improve the nutrition of mothers and children, part of which will be used to encourage breast-feeding. [Read more](#).

**12.11.09: Warning over salt in pasta sauces (UK)**

Consensus Action on Salt and Health has warned that salt levels in some pasta sauces are too high and variations in content make buying healthy options "incredibly hard". After surveying 190 different products, the group found that some 73 of the products gave no salt or sodium data per portion, while 22 failed to meet

the FSA's target of containing no more than 1.1g of salt per 100g. [Read press release](#).

**09.11.09: Experts call for reduced junk food advertising (US)**

Research at the University of California-Davis found that children's networks exposed viewers to 76 per cent more food commercials per hour than other networks. More than 70 per cent of those food commercials were for either fast-food restaurants, sugary food, chips/crackers or sugar-added beverages. The study authors said reducing the amount of junk food advertising may not be enough, and called for a focus on greater public nutritional awareness. [Read article abstract](#).

**09.11.2009: Link between food choices and obesity discussed at conference (ROI, Irish Times)**

PEOPLE WHO are obese implicitly find unhealthy foods make them very hungry while people of normal weight are made hungry by the sight of healthy foods, a psychology conference has been told. [Read newspaper article](#).

**09.11.2009: FSA seek contractor to carry out 'review of reviews' of food choices research (UK)**

The Agency wants to commission a 'review of reviews' to increase their understanding of the major factors influencing people's food choices, particularly the barriers that people face to making healthier dietary choices and testing interventions that could help to overcome these barriers. The deadline for receipt of applications is Thursday 10 December 2009. [Read more](#).

**06.11.09: What kids drink at 5 could affect weight at 15 (US)**

Higher sweetened beverage intake, such as sodas and fruit and sport drinks, at age 5 years has been linked to more body fat during the following 10 years, in research carried out by Dr. Laura Fiorito, at The Pennsylvania State University. [Read article abstract](#).

**05.11.09: Alternate-day fasting shows promise for obese dieters (US)**

Restricting daily calorie intake is a common plan to help obese and overweight people slim down to healthier weights. But the regime requires a daily 15 to 40 percent calorie reduction, which makes sticking to the diet hard for many. Research published in the American Journal of Clinical Nutrition has found that a diet plan involving alternate days of fasting (consuming 20-25% of daily energy needs only) could help dieters lose weight. [Read article abstract](#).

**05.11.09: Breastfeeding may not alter older kids health (Canada)**

Exclusive breast feeding for up to 6 months, though beneficial for an infants' immunity and mothers' weight, may not alter children's health risks over the long term, study findings hint. The findings, published in the American Journal of Clinical Nutrition, hint that long-term advantages for children exclusively breast fed for 6 instead of 3 months "do not include lower risks of obesity, asthma, allergy, or dental caries". [Read article abstract](#).

**04.11.09: Updated position paper promoting and supporting breastfeeding released by American Dietetic Association (US)**

The American Dietetic Association has released an updated position paper on breastfeeding that details health benefits for both infants and mothers and encourages promotion of breastfeeding whenever possible. The paper sets out the

benefits for the infant, which include reduced risk for chronic diseases including obesity and type 2 diabetes. [Read more.](#)

**27.10.09: Least healthy cereals are the ones most aggressively marketed to children (US)**

Research, by a team from Yale University's Rudd Center for Food Policy and Obesity, and reported in The Cereal Food Advertising to Children and Teens Score (FACTS) Report found that the cereals that are most frequently and aggressively marketed directly to American children as young as 2 were also the least healthy. [Read report.](#)

**27.10.09: BHF states fit children given fat food choices (UK)**

Vending machines stocked with unhealthy snacks in leisure centres run the risk of fuelling childhood obesity, warn the British Heart Foundation. A BHF report has found that crisps and chocolate are on sale where children exercise despite being banned from schools and children's TV. [Read more.](#)

**26.10.09: New York study says menu labelling affects behaviour (US, Reuters)**

New York's mandate that fast-food restaurants post calorie information on their menus has changed consumer habits, according to preliminary data released by the Department of Health and Mental Hygiene. This contradicts a recent independent study showing no effect. [Read more.](#)

**20.10.09: First measurement tool to evaluate affordable nutrition (US, Medical News Today)**

A new food rating system that analyzes both nutrition and cost value of food may now make it easier for people to find budget-friendly, nutritious foods. The Affordable Nutrition Index (ANI), unveiled at the American Dietetic Association's Food and Nutrition Conference is the first and only tool that assesses food's nutritional profile and cost value to create a nutrition-value-per-dollar score. [Read more.](#)

**14.10.09: Healthier food mark scheme seeks 'pilots' (UK)**

A Government scheme, supported by the Food Standards Agency, aimed at encouraging and recognising best practice among public sector organisations buying and serving healthier, more sustainable food, is recruiting for its pilot phase. [Read more.](#)

**06.10.09: Coke in US family doctors alliance (US, Financial Times)**

Coca-Cola has formed a venture with the leading US family doctors' group to promote healthier diets, as it fights back against pressure for a federal tax on sugared drinks. The American Academy of Family Physicians said that the world's largest soft drink company would be the first corporate partner in a new "consumer alliance" that would work "to educate consumers about the role their products can play in a healthy, active lifestyle". [Read article in Financial Times.](#)

**06.10.09: Calorie labeling doesn't curb NYC fast food habits (US, Reuters UK)**

A rule that requires New York City fast food restaurants to post calorie information on their menu boards has not changed consumer habits in low-income neighbourhoods, according to a study published in the Journal Health Affairs. While half of consumers surveyed said they noticed the labelling, and about a quarter of

those said they made different choices as a result, a review of fast food purchases showed habits remained the same, said the study. [Read article abstract](#).

**05.10.09: New phase of agency's salt campaign (UK)**

The Agency has launched a new phase of its salt campaign, urging consumers to check the salt content of everyday foods and choose the option lower in salt. Since the first phase of the campaign in 2004, the Agency has been working to reduce the average salt intake of UK adults to no more than 6g a day. Children under 11 should have less. [Read more](#).

**05.10.09: Availability of Less Nutritious Snack Foods and Beverages in Secondary Schools –Selected States, 2002–2008 (US)**

Foods and beverages offered in schools outside of U.S. Department of Agriculture school meal programs are not subject to federal nutrition standards and generally are of lower nutritional quality than those served in the meal programs. To estimate changes in the percentage of schools in which students could not purchase less nutritious foods and beverages, CDC analyzed 2002–2008 survey data from its School Health Profiles for public secondary schools. This report summarizes the results of those analyses. [Read report](#).

**01.10.09: EFSA delivers its first series of opinions on 'general function' health claims (EU)**

The opinions provide scientific advice on 523 health claims relating to over 200 foods and food components. For approximately one third of the claims the outcomes of the evaluations were favourable as there was sufficient scientific evidence to support the claims. These related mainly to functions of vitamins and minerals, and also included dietary fibres, and fatty acids for maintenance of cholesterol levels, and sugar-free chewing gum for maintenance of dental health. Almost half of the evaluations with unfavourable outcomes were owing to a lack of information on the substance on which the claim is based, for example 'probiotic' bacteria and botanical substances. [Read more](#).

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## Physical activity news

**01.12.09: Expert Working Group to consider health risks of sedentary behaviour and obesity (UK)**

The Department of Health Cross Governmental Obesity Unit (CGOU) funded through DH and DCSF has established an Expert Working Group to consider the evidence on the health risks of sedentary behaviour and obesity. A web-based consultation will begin mid-December for one month, followed by a stakeholder event in February 2010. For further information email [SedentaryBehaviour@dh.gsi.gov.uk](mailto:SedentaryBehaviour@dh.gsi.gov.uk).

**26.11.09: Prospective associations between objective measures of physical activity and fat mass in 12-14 year old children: the Avon Longitudinal Study of Parents and Children (ALSPAC) (UK)**

Research investigating the association between physical activity at age 12 and subsequent adiposity at age 14 has found that higher levels of physical activity, in particular activity of moderate to higher intensities, are prospectively associated with lower levels of fat mass in early adolescence. Interventions to raise levels of physical activity in children are likely to be important in the fight against obesity. [Read article abstract](#).

### **25.11.09: Irish Sports Council's Participation small grants making a big difference (ROI)**

740 groups nationwide will share an allocation of almost €350,000 from the Irish Sports Council under the ninth Go for Life National Grant Scheme for Sport and Physical Activity for Older People. Áine Brady, T.D., Minister of State, Department of Health and Children with responsibility for Older People and Health Promotion announced details of the allocations today under the Go for Life national grant scheme, which aims to help local clubs and organisations to increase opportunities for their older members to actively participate in recreational sport and a range of physical activities. [Read more.](#)

### **23.11.09: Physical inactivity associated with abdominal obesity independent of BMI (UK)**

Individuals who are physically inactive have significantly bigger waist circumferences at any BMI than active individuals, report researchers. Kay-Tee Khaw (University of Cambridge, UK) and colleagues carried out a study of 21,729 participants of the EPIC (European Prospective Investigation into Cancer and Nutrition)-Norfolk study to assess links between physical inactivity and waist circumference. [Read article abstract.](#)

### **23.11.09: Parents' reality gap hides truth about kids exercise levels (UK)**

Parents are stuck in a worrying "reality gap" when it comes to their children's fitness levels, according to a new survey by the British Heart Foundation. Whilst 71% of parents think their children are "active enough," barely one in ten (11%) are doing the recommended daily 60 minutes of physical activity. The heart charity released the findings as it published its new [Couch Kids report](#), highlighting how physical activity is a crucial component in tackling childhood obesity.

### **19.11.09: New approach needed to tackle childhood obesity (NI)**

More stringent measures such as high intensity, vigorous physical activity are needed to prevent childhood obesity, Gareth Stratton, Professor of Paediatric Exercise Science at John Moore's University Liverpool, has told the School of Sports Studies at the University of Ulster in Jordanstown. The lecture, entitled 'Children are Active and Healthy: Fat Chance' examined the need for increased physical activity in children and prevent a 'couch potato society' developing in the future. This is the fourth year of Sport NI sponsored guest lectures at the University. [Read press release.](#)

### **18.11.2009: Wildcats get Active with Olympic Hero (NI)**

As the countdown to London 2012 continues, children in primary schools across Northern Ireland continue to 'get active' with Sport NI's Activ8 Challenge. Now there's even more opportunity to get involved with the launch of the Wildcats Activ8 Clubs. To celebrate this launch, members of a local Wildcats Activ8 Club from Cregagh Primary School, Castlereagh demonstrated their skills with Olympic medal winner Jonathan Edwards when he visited Belfast to officially launch the multi-skills clubs today. [Read more.](#)

### **17.11.09: Students with a lower socioeconomic background benefit from daily school physical activity (US)**

German school students - especially those with low socioeconomic status (SES) - significantly improved their exercise capacity and body leanness after a year of daily physical activity classes, according to research presented at the American Heart

Association's Scientific Sessions 2009. Among lower SES youth with daily physical activity, cardiorespiratory fitness (measured by maximal oxygen consumption or VO<sub>2</sub>max) improved by 14 percent and fat-free mass improved by 2.6 percent. [Read more](#).

#### **16.11.09: Wii virtual exercise as good as the real thing (UK, Daily Telegraph)**

People could expend more energy playing the Wii Sports games or doing aerobics and yoga with the Wii Fit than during a brisk walk, research has found. The study was conducted by a team at the National Institute of Health and Nutrition in Tokyo with volunteers placed in a metabolic airtight chamber to measure their energy expenditure, while they performed a variety of activities. Lead author Dr Motohiko Miyachi said: "The range of energy expenditure in these active games is sufficient to prevent or to improve obesity and lifestyle related disease from heart disease to diabetes." [Read article](#).

#### **10.11.09: Slow walking speed and cardiovascular death in well functioning older adults: prospective cohort study (UK)**

Research published in the BMJ has found that slow walking speed in older people is strongly associated with an increased risk of cardiovascular mortality. The study included over 3000 men and women over 65 for just over 5 years. [Read article abstract](#).

#### **06.11.09: Healthy lifestyle with gardening in Ardoyne (NI)**

Developing a healthy lifestyle through gardening is the aim of a new project in Ardoyne. *The 'Daneo Garden Project' on the Upper Crumlin Road is looking for people to take part in the project and learn how to develop a healthy heart.* The aim of the programme is to develop an understanding of blood pressure, cholesterol, weight control and stress control through participation in light gardening activities and lifestyle advice. The project, set up by NI Chest, Heart and Stroke, Ardoyne and Shankill Health Partnership and Ligoniel Health Regeneration Project is a combined effort to try and prevent chest, heart and stroke illnesses in the Ardoyne Area. [Read more](#).

#### **04.11.09: Global positioning system - a new opportunity in physical activity measurement (NZ)**

Accurate measurement of physical activity is a pre-requisite to monitor population physical activity levels and design effective interventions. Overall findings show that GPS is a useful tool to augment our understanding of physical activity by providing the context (location) of the activity and used together with Geographical Information Systems can provide some insight into how people interact with the environment. [Read full journal article](#).

#### **04.11.09: In increased obesity rates among adolescents, decrease in physical activity may not be a factor (US)**

Decreased physical activity may have little to do with the recent spike in obesity rates among U.S. adolescents, according to researchers at the Johns Hopkins Bloomberg School of Public Health. The review found signs indicating that the physical activity among adolescents increased while TV viewing decreased in recent years. [Read full article in Medical News Today](#).

**01.11.09: Physical education key to improving health in low-income adolescents (USA)**

School-based physical education plays a key role in curbing obesity and improving fitness among adolescents from low-income communities, according to a new study led by researchers at the University of California, San Francisco and UC Berkeley. The researchers found that engaging in at least 20 minutes of exercise during PE class was significantly associated with both shorter mile times and lower body mass index scores. Furthermore, as the students' reported levels of enjoyment of PE increased, their mile times decreased. [Read article abstract.](#)

**26.10.09: Exercising with a friend 'helps to lose more weight' (US)**

Researchers from the University of Pennsylvania School of Medicine, Philadelphia compared the weight loss of a group of men and women who joined a fitness programme on their own with a group who invited one or more friends to join in. The research found that if the friend attended keep fit sessions frequently and also lost weight it spurred their partner to do the same. [Read article abstract.](#)

**25.10.09: NHS endorses Nintendo Wii Fit video game (UK, Telegraph)**

The Nintendo Wii Fit Plus has become the first computer game to be endorsed by the Department of Health. The endorsement will raise eyebrows among critics of the Department for Health, as Nintendo has agreed to use its own money to promote the NHS Change4Life programme. [Read more.](#)

**08.10.09: Exercise training prevents regain of visceral fat for 1 year following weight loss (US)**

A study conducted by exercise physiologists in the University of Alabama at Birmingham (UAB) Department of Human Studies, published in the journal Obesity found that as little as 80 minutes a week of aerobic or resistance training helps not only to prevent weight gain, but also to inhibit a regain of harmful visceral fat one year after weight loss. [Read article abstract.](#)

**01.10.09: On-the-job exercise good for employee and employer (US)**

Programs in the workplace designed to get people to exercise can improve fitness, cut cholesterol levels, reduce job stress and even improve attendance, according to research published in the American Journal of Preventive Medicine. [Read article abstract.](#)

**29.09.09: Sport England join forces with Facebook to drive up sports participation (UK)**

Sport England and Facebook have announced a new partnership that will transform the way sports bodies engage with participants. It's the first long-term collaboration between Facebook and a government or public body in the UK – and will use the social networking site's unrivalled influence to bring people together around sport. [Read more.](#)

**28.09.09: Objective measures of the environment and physical activity—results of the environment and physical activity study in English adults (UK)**

Physical activity has been positively associated with a range of objectively measured environmental variables. The study explores the relationship of walking and other categories of physical activity with objectively measured activity specific environmental variables in a UK population. [Read more.](#)

#### **24.09.09: Physical activity key to fight against young women's low self-esteem (UK)**

A study, Sweat in the City, carried out by the Women's Sport and Fitness Foundation, provided over 2000 inactive 16 -- 24 year old women a three month free and mentored gym membership, and followed their journey. The results reveal the wide reaching benefits of exercise and important lessons on tackling the crisis in physical activity amongst women and girls. [Read press release](#) and [download report](#).

#### **19.10.09: Exercise? A fat lot of good that is for weight loss (UK, The Times)**

A review of recent research by the respected Mayo Clinic in America concluded that "most studies have demonstrated no or modest weight loss with exercise alone". Experts are questioning whether exercise may lead people to over-estimate the amount of calories they have used during activity, and therefore overcompensate by consuming more. [Read more](#).

#### **12.10.09: Healthy neighbourhoods may be associated with lower diabetes risk (US)**

A report from the Drexel University School of Public Health, published in the Archives of Internal Medicine found that individuals living in neighbourhoods conducive to physical activity and providing access to healthy foods may have a lower risk of developing type 2 diabetes in a five-year period. [Read article abstract](#).

#### **09.10.09: Fear of crime blamed for city's obesity level (UK, The Herald)**

Glasgow City Council is launching a strategy to halt the rise of the city's obesity epidemic. The strategy aims to increase levels of physical activity among citizens by improving perceptions of safety in local parks, thereby encouraging people to walk about more. [Read more](#).

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### **Resources/Publications**

#### **NI: FSA Northern Ireland's healthy eating calendar**

The Food Standards Agency Northern Ireland is making available an eatwell 2010 calendar, following the success of the version it produced for this year. [Read more](#).

#### **UK: Healthier Food Mark – Promoting healthier, more sustainable food**

The [web pages](#) for a new government scheme aiming to encourage and recognise best practice among public sector organisations buying and serving food is now available. The working title for the scheme during its development is the 'Healthier Food Mark'.

#### **UK: Obesity Learning Centre launched**

A new web-based resource, the [Obesity Learning Centre](#) was launched by the National Heart Forum on 02 December and is supported by the Department of Health. It will act as a one-stop shop to support the obesity delivery chain and help local areas develop their obesity strategies.

#### **EU: 'Focusing on Obesity through a Health Equity Lens' report**

A new report from EuroHealthNet has been produced to demonstrate the link between health inequalities and rising rates of obesity, and how existing measures to tackle the condition might be able to take this into account. The document contains over 70 project descriptions running in 20 different countries, from the international level to local community initiatives. [Download the report](#).

### **UK: New resources from the National Obesity Observatory**

- **Maternal obesity** – [web pages](#)
- **Measures of central adiposity as an indicator of obesity** – [briefing paper](#)  
High levels of central adiposity in adults are known to be associated with increased risk of obesity-related conditions including type 2 diabetes, hypertension and heart disease. Although measures of central adiposity are closely correlated with BMI, they have been shown to predict future ill health independently of BMI.
- **Quick reference guide to the Standard Evaluation Framework (SEF) core criteria** – available in print or [electronic \(PDF\) format](#). For print copies please email [maggie.graham@sepho.nhs.uk](mailto:maggie.graham@sepho.nhs.uk). The SEF is a list of data collection criteria and supporting guidance for collecting high quality information to support the evaluation of weight management interventions.
- **Obesity and Overweight Surveillance in England: what is measured and where are the gaps?** – [briefing paper](#). This paper aims to identify and describe the main sources of national level surveillance data on obesity in England. It also highlights gaps in these data sources and makes recommendations for the national surveillance of obesity in the future.
- **Healthy Weight, Healthy Lives: Market Segmentation and Mapping** – [briefing note](#). The 'Healthy Weight Healthy Lives: Consumer Insight Summary', published in November 2008, describes market research into families' attitudes and behaviours relating to diet and physical activity and looks at how families can be grouped into six clusters. This work was commissioned in order to inform the development of the national Change4Life campaign. Follow-on work was subsequently undertaken to produce a more detailed geographical mapping of the identified clusters.

### **UK: NHS 2009 Annual evidence update on diabetes**

Third annual evidence update on diabetes, reviewing systematic reviews published between September 2008 and September 2009 is now available. Topics covered include pre-diabetic state, prevention, causes and risk factors and diabetes and co-morbidities. [Read more](#).

### **Canada: "Caution! Kids at Play?" Unstructured time use among children and adolescents**

Children's free play is recognised as an essential component of childhood which supports a multitude of learning and social opportunities. This [paper](#) looks at the allocation and purpose of unstructured time for children and adolescents.

### **Australia: Active Club Grants - A practical way to support more Victorians to get active**

To assess the value of the Active Club Grants in Victoria, funded organisations were surveyed about the outcomes of their activity and in 2009 VicHealth undertook a case study evaluation to determine the impact of the grants at the local level. (VicHealth, Australia). [Download report](#).

### **Global: International Diabetes Federation releases important new guidelines to improve the treatment of diabetes worldwide**

The International Diabetes Federation (IDF) launched three diabetes guidelines on the Self-Monitoring of Blood Glucose, Pregnancy and Oral Health at its 20th World Diabetes Congress in Montreal on 25<sup>th</sup> October. [Read more](#).

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## Campaigns/Initiatives

### **NI: Sport NI develops Activ8 programme to promote active lifestyles**

Sport Northern Ireland recognises the important role that sport can play in addressing rising obesity levels and has therefore developed the Activ8 programme to promote an active life style. It promotes eight steps for children to get active and stay healthy, they include: move your body, be part of a team, create your own games, involve your family, eat well, go outdoors, be a leader and measure your success. Activ8 encourages all children to take part in at least 60 minutes of physical activity per day, before, during and after school. To encourage participation children record their success in an Activ8 diary. Pupils who successfully complete the diary are given a colour certificate to acknowledge their achievement and promote sustained involvement in physical activity. Activ8 was awarded the prestigious London 2012 Inspire Mark. [Read more about Activ8](#) and attached article about this resource (this document can also be requested from the Forum by email at [obesityforum@safefood.eu](mailto:obesityforum@safefood.eu)).

### **UK: FSA and Good Food Chanel launch 'Family Supercooks'**

The Food Standards Agency has joined forces with the Good Food Channel to produce a new cooking show, Family Supercooks, which began airing 28 October 2009. [Read more.](#)

### **Wales: Shape up on a shoestring**

The Food Standards Agency in Wales is supporting the Sports Council for Wales in its campaign to help win the battle of the bulge that's stretching waistlines and budgets to breaking point. [Read more.](#)

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## Forthcoming events

Title: [\*\*Obesity and Weight Management\*\*](#)  
Hosted by: University of Glasgow Faculty of Medicine  
Date: 01 December 2009  
Venue: Hilton Grosvenor Hotel, Glasgow

Title: [\*\*National policy to local practice: Working together to delivery physical activity programmes - British Heart Foundation National Centre Annual Conference 2009\*\*](#)  
Hosted By: British Heart Foundation  
Date: 18 November 2009  
Venue: East Midlands Conference Centre, Nottingham

Title: [\*\*Winter Scientific Meeting\*\*](#)  
Hosted By: Faculty of Public Health Medicine, RCPI  
Date: 09 December 2009  
Venue: Royal College of Physicians of Ireland, No. 6 Kildare Street

Title: [\*\*19<sup>th</sup> Nutrition Society \(Irish Section\) Postgraduate Meeting\*\*](#)  
Hosted by: University College Dublin  
Date: 17-19 February 2010  
Venue: Morrison Hotel, Ormond Quay, Dublin

Title: [\*\*EGEA 2010 -Social and Health benefits of balanced diet: the role of fruit and vegetables\*\*](#)  
Hosted By: Aprifel  
Date: 05-07 May 2010  
Venue: Brussels

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## Past events

Title: **National Obesity Week 2009 (UK)**  
Date: 02-08 November 2009  
Details: This year's campaign entitled 'Do you have body mass imagination' focuses on getting people to understand health issues related to obesity, and on preventing people from underestimating their weight.

Title: [\*\*Move more for less - Annual Conference 2009\*\*](#)  
Hosted By: North West Health and Physical Activity Forum  
Date: 05 November 2009  
Venue: Liverpool

Title: **Irish Practice Nurses' Association's Annual Educational Conference**  
Date: 16-17 October 2009  
Venue: Westport, Co Mayo  
Details: **safefood** and the INDI attended this conference to promote the [weigh2live website](#). [Read about the conference in the November/December issue of the IPNA's Journal, Nursing in General Practice.](#)

Title: [\*\*5<sup>th</sup> Annual Meeting of HEPA Europe\*\*](#)  
Hosted By: HEPA Europe (European Network for the Promotion of Health Enhancing Physical Activity)  
Date: 11-12 November 2009  
Venue: Bologna, Italy

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

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

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## Consultations

### **NI: Food in Schools Policy**

The Department of Education and the Department of Health, Social Services and Public Safety have published consultation proposals in relation to their proposed

Food in Schools policy. The closing date for responses is **11 December 2009**. [Read more](#).

**UK: Children's Food Campaign (Sustain)**

The government wants to allow product placement in UK-made television programmes, and are consulting on this issue until **08 January 2010**. Sustain is running a campaign to resist product placement on British television. Read more about [Sustain's campaign](#) and the [consultation](#).

**UK: Dietary interventions and physical activity interventions for weight management in pregnancy**

NICE is currently in the process of drafting guidelines on dietary interventions and physical activity interventions for weight management in pregnancy. Consultation on the draft guidance will run from **06 January to 03 February 2010**. The estimated publication date is June 2010. [Read more](#).

**UK: SACN Consultation on Energy Requirements**

The Scientific Advisory Committee on Nutrition (SACN) released its draft report on Energy Requirements for scientific consultation on 05 November. For adults as a group, these values are 16% higher than the last time they were calculated in 1991. The 14-week scientific consultation will run until **11 February 2010**. [Read more](#). Related news item: The FSA has written to the editor of The Grocer to set the record straight about the publication of the Scientific Advisory Committee's (SACN) draft report on energy. [Read more](#).

**UK: FSA Consultation on reducing saturated fat and greater choice of portion sizes for snacks**

The Agency is consulting on its proposed recommendations to the food industry to reduce saturated fat and to increase the availability of healthier options and smaller portion sizes in savoury snacks. The Agency is seeking views on its proposals by **09 March**. The final recommendations from both consultations will be published next year. [Read more](#).

**UK: FSA Consultation on scheme to show calories on menus**

The Food Standards Agency is seeking views on how a voluntary scheme to display calorie information on menus would work best in practice. The closing date for responses is **11 March 2010**. [Read more](#).

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**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  
Chartered Society of Physiotherapy Northern Ireland: Mr Tom Sullivan  
Department of Education Northern Ireland: Ms Louise Warde-Hunter  
Department of Education and Science, ROI  
Department of Health and Children: Mr Brian Mullen and Ms Ursula O' Dwyer  
Department of Health, Social Services and Public Safety: Mr Rob Phipps  
Diabetes Federation of Ireland: Ms Sinead Hanley  
Food Safety Authority of Ireland: Dr Brian Redahan  
Food Standards Agency: Ms Maria Jennings  
HRB Centre for Diet and Health Research, University College Cork: Ms Janas Harrington and Prof Ivan Perry

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 Society of Chartered Physiotherapists: Mr Ruaidhri O' Connor  
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 Cliodhna Foley-Nolan, Dr Marian Faughnan,  
Dr Aileen McGloin and Ms Marita Hennessy  
Sport Northern Ireland: Mr Eamonn McCartan  
University of Ulster: Prof Marie Murphy  
Ulster Cancer Foundation: Mr Gerry McElwee  
Waterford Institute of Technology: Dr Niamh Murphy

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