



All-island Obesity News
E-bulletin of the All-island Obesity Action Forum
Volume 1, Issue 4, September/October 2009

Welcome to the fourth edition of *All-island Obesity News*. Physical activity and nutrition: will ever the twain meet? Fear not, the two sides will meet very soon at our forthcoming workshop on physical activity and all will be revealed. It will have a great speaker line up and, importantly, it will prove thought provoking to all disciplines. I look forward to seeing you in Dublin on 12 November for some great debate.

Martin Higgins

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

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

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

Obesity Prevention Steering Group NI Update

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 or by post at: Room C4.12 Castle Buildings, Stormont Estate, Belfast BT4 3SQ.

General news

30.09.09: Weight Warning: Obesity Cuts Your Life Short (UK)

Putting on weight in middle age cuts the chance of living a long and healthy life by around 80%, a study has warned. Researchers from Harvard and the University of Warwick analysed data gathered since 1976 from more than 17,000 female nurses living in 11 US states. They found that women who were obese in middle age had 79% lower odds of healthy survival compared with women who kept their weight at a healthy level. Read [news item](#) and [article abstract](#).

29.09.09: Obesity in middle age death trap (GB)

Putting on weight into middle age cuts the chance of living a long and healthy life by around 80pc, researchers warned yesterday. Obesity is a "significant factor" in predicting how long a person will live, according to a study published in the British Medical Journal. Read [news article](#) and [full article in BMJ](#).

29.09.09: Obesity epidemic strain on public finances (NI)

An obesity epidemic is set to place significant strain on public expenditure in the coming decades unless effective means of tackling it are found, according to the Director of the Centre of Excellence for Public Health, based at Queen's University. [Read more](#).

29.09.09: Obesity battle 'starts in the womb' (ROI, Irish Times)

Prevention of obesity needs to start as early as when a child is in the womb, a leading specialist has said. "Prevention has to start right back at the antenatal classes," said consultant endocrinologist Dr Donal O'Shea, who directs the weight management clinic at Dublin's Loughlinstown Hospital. [Read more](#).

28.09.09: Children of working mums 'have unhealthier lifestyles' (GB)

Children whose mothers go out to work have poorer dietary habits, engage in more sedentary activity, and are more likely to be driven to school than children's whose mothers are not employed, suggests research published ahead of print in the Journal of Epidemiology and Community Health. [Read more](#).

26.09.09: Social background weighs heavily on teenage diet (UK)

Policymakers have long insisted on the importance of understanding young people's health and eating habits but new research funded by the Economic and Social Research Council is the first to show how everyday practices and perceptions of different social classes contribute to variation in the diet, weight and health of teenagers. [Read more](#).

23.09.09: 'The Obesity Gap' - perception phenomenon causing 10 million Brits to be unaware they are obese (UK)

Three out of four people who are obese are unaware of their weight problem as rising levels of obesity mean being overweight is now 'seen as the norm'. Only seven per cent of people polled by Slimming World and YouGov believe their weight problem is significant enough for them to be classified as obese. However, their measurements reveal a very different story, with 27 per cent of people falling into the obese category. [Read more](#).

23.09.09: Switch program increases kids' healthy eating, reduces screen time (US)

The Switch™ programme, 'Switch what you Do, View, and Chew', has been shown to be capable of promoting children's fruit and vegetable consumption and lowering 'screen time'. Researchers writing in the open access journal BMC Medicine tested the programme and report that it offers promise for use in youth obesity prevention.

[Read more.](#)

22.09.09: Give tax credit to the healthy: leading doctor (UK, Daily Telegraph)

Dr Kailash Chand, a BMA representative and new chairman of Tameside and Glossop Primary Care Trust has called for greater incentives for people to be healthy as predictions show obesity will cost the NHS £36 million by 2015. [Read more.](#)

22.09.09: Call for early intervention to prevent child obesity, Irish Times Supplement (ROI)

The critical time to intervene to prevent the development of obesity is during the pre-school years and in early adolescence, a conference on sport and exercise medicine has been told. With one in five Irish teens either overweight or obese, Cork GP Dr John O'Riordan argued strongly that it was vital to intervene early in a child's life with healthy eating and activity programmes. He recommended the widespread use of programmes like littlesteps.eu – a guide to eating well and being active – as well as An Bord Bia's Food Dudes initiative and the Action for Life exercise programme for primary schools. [Read more.](#)

18.09.09: McAleese - Parents to blame for overweight kids (ROI, Irish Examiner)

Parents carry much of the responsibility for overweight children, President Mary McAleese told a European conference on childhood obesity in Dublin yesterday. [Read more.](#)

18.09.09: Children among world's fattest but healthy diet is too expensive (ROI, Irish Independent)

Irish children are now among the fattest in the world but healthy eating can be prohibitively expensive for many families here, particularly as the recession deepens. [Read more.](#)

18.09.09: Recession can result in more childhood obesity (ROI, Irish Times)

The recession could lead to an increase in childhood obesity, a European expert on the issue is to tell an audience in Dublin. [Read more.](#)

15.09.2009: Specialist calls for regional obesity units (ROI, Irish Times)

The Republic should have a series of regional obesity surgery centres, instead of just one, a leading specialist has said. Consultant laparoscopic and bariatric surgeon at the Bon Secours Hospital in Cork, Mr Colm O'Boyle said Irish people were going to the UK "in their droves" for gastric band and gastric bypass surgery. [Read more.](#)

17.09.09: Doctors press for 'cola tax' in bid to fight child obesity (US, The Independent)

The battle to contain the global obesity crisis stepped up a gear as American public health experts demanded a sugar tax on the country's most popular source of refreshment – sweetened carbonated drinks and fruit juices. A group led by academics from Yale and Harvard universities proposed a "cola war", with a 1 cent

tax per fluid ounce on sweetened beverages, raising the price of the average can of cola by 15 to 20 per cent. [Read more.](#)

16.09.09: The Public Health and Economic Benefits of Taxing Sugar-Sweetened Beverages (US)

This article in NEJM looks at the evidence linking the consumption of sugar-sweetened beverages (SSBs) to the risk of chronic diseases and the implications of taxing SSBs. They conclude that research to date suggests that a tax on sugar-sweetened beverages would have strong positive effects on reducing consumption. In addition, the tax has the potential to generate substantial revenue to prevent obesity and address other external costs resulting from the consumption of sugar-sweetened beverages, as well as to fund other health-related programs. [Read article in NEJM.](#)

16.09.09: Increasing obesity pushes diabetes drug bill to £600m (The Times, UK)

The rising problem of obesity has helped to make diabetes treatments the biggest drug bill in primary care. Analysts said that young people contracting the condition, which is often associated with obesity, were helping to push up costs as doctors tried to improve their long-term control of the disease and prevent complications. [Read more.](#)

08.09.09: Obesity, alcohol and smoking increase second breast cancer risk (US)

A study by the Fred Hutchinson Cancer Research Centre in Seattle found that being obese increased the risk of a second breast cancer diagnosis by 50 per cent, one alcoholic drink per day increased the risk by 90 per cent and being a smoker increased the risk by 120 per cent. [Read more.](#)

07.09.09: Labeling helps diners change course (US, Financial Times)

Last year New York became the first US authority to require restaurant chains to list item-by-item calorie counts on their main menus. There are now signs that consumers are making healthier choices, or at least digesting the information. [Read more.](#)

07.09.09: US cracks down on 'liquid candy' drinks (US, Financial Times)

As children across the US return to school, they are discovering the once ubiquitous soft drinks are a lot harder to find. Under guidelines agreed by the US beverage industry with health groups, the manufacturers have agreed to reduce the sizes of drinks they sell in schools and provide nutritious options, by the start of this academic year. The industry has also agreed not to sell soft drinks to elementary, or middle school, children. [Read more](#) (Registration required).

06.09.09: Labour's secret plan to send overweight children to NHS fat camps (UK, Daily Telegraph)

Primary school pupils identified as being overweight will automatically be offered a place on a state-funded diet and exercise scheme. Although parents will have the right to refuse to send their children to the classes, ministers hope the majority will attend. [Read more.](#)

03.09.09: Greater risk for obesity in people who don't own a car and live near fast food (US)

Living without a car in close proximity to fast food restaurants is associated with excess body mass index and weight gain, according to a University of Pittsburgh

study. Adults in areas with high fast food concentration who didn't have a car were as much as 12 pounds heavier than those who lived in neighborhoods that lacked such restaurants. [Read full article](#).

02.09.09: Child obesity drug use 'soaring' (UK)

The number of under-18s in the UK being prescribed weight-loss drugs rose 15-fold between 1999 and 2006, a study of data from GPs suggests. The University College London said its analysis indicated up to 1,300 children a year could be on treatments, even though they are not licensed for them. Read [press release](#), [news article](#) and [journal article](#).

01.09.09: Health experts offer action steps local governments can use to cut childhood obesity rates (US)

Zoning restrictions on fast-food restaurants near schools and playgrounds, community policing to improve safety around public recreational sites, requirements that publicly run after-school programs limit video game and TV time, and taxes on high-calorie, low-nutrient foods and drinks are some of the strategies local government officials can use to tackle the childhood obesity epidemic in their communities, says a new report from the Institute of Medicine and National Research Council. Read [press release](#) and [report](#).

01.09.09: Biggest ever review: how breast cancer can be prevented (UK)

More than four out of 10 cases of breast cancer in the UK could be prevented if women adopted healthier lifestyles, according to the World Cancer Research Fund (WCRF). This is based on its latest review of global research linking the disease to excessive alcohol intake, lack of exercise and being overweight. [Read more](#).

25.08.09: Study says folic acid present without further fortification (ROI)

New findings indicate that adults and newborns in Ireland have low but persistent levels of folic acid in their blood, even without mandatory fortification. Low quantities of "unmetabolised" folic acid, which comes from vitamin supplements or artificially enriched food, were found in 49 out of 50 non-fasting blood donors and in 18 out of 20 fasting mothers undergoing a Caesarean section. It also found unmetabolised folic acid in the cord blood of 17 of the babies. Read [full article](#).

24.08.09: Apple-shaped women's asthma risk (US)

A study suggests apple-shaped women with a waist bigger than 88cm (35in) have a higher risk of developing asthma - even if their body weight is normal. Being overweight is well known to raise the risk of asthma. But the latest study suggests that the amount of weight women carry around the abdomen might be particularly important. Read [news article](#) and [research abstract](#).

21.08.09: Four-decade study shows improved cardiac risk factor profile in men (Sweden)

Results of a Swedish study help explain why coronary heart disease mortality rates continue to decline despite rising rates of obesity. Obese men now in their 50s have fewer cardiovascular risk factors (other than obesity) compared to obese men 40 years ago, the study team found. [Read more](#).

14.08.09: Food choices of employees and visitors influenced by labeling (US)

A University of California, Berkeley, study of cafeterias in five Kaiser Permanente hospitals has confirmed that different nutrition labelling influences the food choices made by employees as well as visitors. [Read more.](#)

10.08.09: Healthy living is the best revenge (UK)

Researchers at the Centre for Disease Control and Prevention in Atlanta studied data from 25, 153 adults aged 35 to 65. They found that never smoking, having a body mass index lower than 30, doing physical activity for at least three and a half hours per week, and following a healthy diet, reduce the risk of developing Type 2 diabetes by 93 percent. [Read more.](#)

07.08.09: Recession could have negative impact on obesity levels (Germany)

German researchers have found that a quarter of indebted people are clinically obese, after studying more than 9,000 individuals. Only 11% of people involved in the study who were not in debt were obese. [Read more.](#)

04.08.09: 97 per cent unaware of the link between weight and cancer (UK)

Ninety-seven per cent of people don't list being overweight as a cancer risk, according to a Cancer Research UK survey. [Read more.](#)

Nutrition news

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

Experts on EFSA's Panel on Dietetic Products, Nutrition and Allergies evaluated the scientific evidence for more than 500 claims compiled by Member States and the European Commission. The opinions will help inform future decisions of the European Commission and Member States concerning the authorisation of health claims. For approximately one third of the claims the outcomes of the evaluations were favourable as there was sufficient scientific evidence to support the claims. [Read more.](#)

29.09.09: Class war on eating habits (ROI)

THE obesity battle is being brought to the school gate with Ireland chosen as one of seven EU countries where a roadshow on the benefits of better eating and more exercise for children will be rolled out. It's designed to change children's eating habits for the better, encourage them to eat more fruit and vegetables and take more exercise. [Read more.](#)

28.09.09: Heart Charity Croí cautions on recession eating (ROI)

Croí who recently launched a new cardiovascular disease prevention programme which promotes intensive lifestyle change for those most at risk of heart attack, diabetes and stroke, worry that due to the recession people will turn to eating unhealthy processed foods which are often perceived as cheaper to buy, but which actually increase our intake of empty calories, sugar, saturated fat and salt – all of which are bad for heart health. [Read more.](#)

24.09.2009: Kids eat half a day's calories in one meal (UK)

New research from Which? has found that children who visit [fast food](#) chains are regularly consuming almost half their recommended daily calories in a single meal*. On their last visit to a fast food restaurant, kids consumed 947 calories on average at Burger King, 912 at KFC and 868 at McDonalds. [Read more](#).

24.09.2009: Some high street chains 'taking the pizza' (UK)

Margherita pizzas served in high street chains are all high in saturated fat and salt, but the lowest in fat are also the tastiest, according to Which? The consumer champion carried out blind nutrition tests on thin-crust margherita pizzas from six leading restaurant chains and found that they were all rated 'red' for saturated fat and salt under the traffic light labeling system, and nearly all of them – with the exception of Pizza Express – were high in total fat too. [Read more](#).

17.09.09: Agency's fish advice takes account of sustainability (UK)

The Food Standards Agency has updated its fish and shellfish advice to help consumers make informed, sustainable choices as part of its commitment to taking sustainability into account in all of its policy making. [Read more](#).

15.09.09: Junk food makes you eat more (US)

Fat from certain foods including ice cream and burgers goes straight to the brain and tells you to eat more, new research reveals. It triggers messages that are sent to the body's cells, warning them to ignore appetite-suppressing hormones that regulate our weight. The effect can last for a few days sabotaging efforts to get back to a healthy diet afterwards, the study found. Read article in [Daily Telegraph](#) and [full journal article](#).

03.09.09: Circadian Timing of Food Intake Contributes to Weight Gain (US)

The research, published online in the journal *Obesity*, is the first of its kind to examine how the time of day you eat affects how much weight you put on. It found that eating high fat foods during the day only led to 20 per cent weight gain but eating the same foods at night led to an increase in weight of 48 per cent. According to the researchers at the Northwestern University of Illinois, the body's internal clock – or circadian rhythms – is not as efficient at burning up energy when people are asleep, which means more calories are converted into fat. [Read abstract](#).

25.08.09: safefood report highlights role of drinks in daily calorie intake (IOI)

This new report gives insights into what parents of young children and teenagers themselves think about drinks has revealed that parents do not count drinks as part of their children's daily food consumption. The report also revealed that parents and teenagers shared a number of similar concerns but had very different purchasing patterns in terms of where they bought drinks, what drinks they bought, and also what influenced them in making these decisions. Read [press release](#) and [full report](#).

25.08.09: Opinions split on junk food ads (UK)

Key players in the argument over advertising junk food to children are unable to agree what should be done. Research published by the International Association for the Study of Obesity reveals deep divisions between economic interests – primarily the food industry and the advertising agencies – on the one side, and health interests represented by consumer groups, family organisations and public health bodies on the other. Read the [press release](#) and [report on marketing food and beverages to children – stakeholder views on policy options in the UK](#)

17.08.09: Parents urged to take ham off menu

World Cancer Research Fund (WCRF) has warned that including sandwich fillers such as ham and salami could mean children get into habits that increase their risk of developing cancer later in life. [Read more.](#)

Physical activity news

September 2009: Objective measures of the environment and physical activity—results of the environment and physical activity study in English adults (JPAH, 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.](#)

22.09.09: Active Travel Consortium publish Year 1 Travel Actively Monitoring Report (UK)

Travel Actively is a portfolio of projects from the Active Travel Consortium addressing health and well-being issues throughout England. The consortium is a partnership of the leading walking, cycling and health organisations, each dedicated to promoting active travel. The report contains the monitoring data collated from the consortium's projects, showing what has been achieved in its first year, and the types of participants being targeted for intervention. The report can be downloaded [here.](#)

16.09.09: Better buildings and spaces improve quality of life, says the public (UK)

Nearly nine out of ten people (87%) agree that better quality buildings and public spaces improve their quality of life, according to new MORI research published by CABE. The current risk is that public spending cuts to non-statutory council services, like parks management and maintenance, lead to places becoming dirtier and shabbier, with key targets like community safety and obesity being missed as a result. Read [more.](#)

08.09.09: New work to commence to update Physical Activity Guidelines (UK)

Following the release of the 2008 Physical Activity Guidelines for Americans, a collaboration between home country Governments in England, Scotland, Wales and Northern Ireland and the BHFNC has commenced to undertake a review of the current Physical Activity Guidelines in the UK. This work will involve national and international experts and use the latest scientific evidence with a focus on the preventative health benefits of physical activity across the life course. Further information on the work plan, the consultation process and the consensus meeting at the end of October 2009 will be made available through regular emails and at www.bhfactive.org.uk

20.08.09: Going outside could help you lose weight (UK)

Researchers found that daylight can kick-start a fat burning mechanism in the body. A particular type of fat known as brown adipose tissue (or BAT) transfers energy into heat and this boosts calorie burning. The scientists found that by spending time outside, where it is colder, this reaction is boosted and so dieters lose weight. Professor Michael Symonds, from the University of Nottingham, said the study had

shown for the first time that daylight is a major factor in controlling brown fat activity. Read [news article](#) and [journal article abstract](#).

21.08.09: Even modest fitness may extend lifespan (US)

People who stay even moderately fit as they age may live longer than those who are out-of-shape, a new study suggests. The study, of nearly 4,400 healthy U.S. adults, found that the roughly 20 percent with the lowest physical fitness levels were twice as likely to die over the next nine years as the 20 percent with the next-lowest fitness levels. [Read more](#).

01.07.09: Nearly two thirds of UK adults risk their health through insufficient exercise, new survey shows

63 per cent of those questioned said they were not getting enough exercise, and could therefore be putting themselves at greater risk of life threatening illnesses like cancer, heart disease and stroke. The warning came as the CSP launched a new UK-wide campaign, 'Move for Health' to highlight the importance of exercise in maintaining good health and preventing illness. [Read more](#).

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

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

Resources/Publications

August 2009: New resources from the National Obesity Observatory (UK) Measures of central adiposity as an indicator of obesity

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. [Download the report](#).

International comparisons of obesity prevalence

The purpose of this paper is to provide a single resource for international comparisons of obesity prevalence focused on the United Kingdom (UK) and to inform the debate on trends in adult and childhood obesity levels within the UK by providing a global comparison. [Download the report](#).

Body Mass Index as a measure of obesity

This briefing paper provides an overview of the use of Body Mass Index for the measurement of obesity. [Download the briefing paper](#).

August 2009: Lunchboxes made easy...and healthy too! (ROI)

safefood has produced a leaflet for parents/guardians in the Republic of Ireland on how to prepare a healthy lunchbox. Lunches provide around one third of our daily nutritional needs and it can be challenging trying to come up with new ideas for interesting and healthy lunchboxes. It's also important to put some thought and planning into lunches, as good food habits set early in childhood can last a lifetime. To order copies please contact our helpline at info@safefood.eu or telephone 1850 40 45 67. [Read more](#).

August 2009: When Sammy met Sally – a healthy eating resource for parents (ROI)

This booklet aims to increase a child's experience of healthy food from an early age and encourages a positive attitude towards a healthy diet. If you would like to order a **free copy** of [When Sammy met Sally](#) please email publishing@safefood.eu. It would be very helpful to obtain your feedback once you have read it, as we will be producing additional healthy eating resources. To help us, please [fill in our evaluation survey](#). This resource has proved very popular with primary schools, pre-schools and Family Resource Centres to date.

06.08.09: Food Standards Agency publish Food Route – A new lesson on food (UK)

The Food Standards Agency has published a new range of resources to enable young people to learn essential food-related skills and knowledge. 'Food route: a journey through food' is a range of colourful age-appropriate workbooks designed and developed to bring the Agency's food competences to life. The materials are supported by teachers' user guides and downloadable certificates, which can be awarded on completion of the various activities. [Read more](#).

05.08.09: Smart Choices Program™ Helps Shoppers Identify Better Food and Beverage Choices (US)

The Smart Choices Program™ appeared on products in supermarkets and other retail outlets across the US this summer. This first-ever uniform front-of-pack nutrition labeling program, developed by a diverse coalition of scientists, nutritionists, consumer organizations and food industry leaders is designed to promote public health by helping shoppers make smarter food and beverage choices within product categories. [Read more](#).

Campaigns/Initiatives

October 2009: Forthcoming salt campaigns from *safefood* and Food Standards Agency NI

Salt and processed foods are the focus of two forthcoming campaigns from *safefood* and FSANI. The campaigns are designed to raise awareness among consumers that our diets are still too high in salt and that the majority of dietary salt is from processed foods such as processed meats, sauces and bread. At present, dietary salt intake levels among adults on the island of Ireland are more than twice the recommended daily amount of 6g per day as advocated by health professionals. Read more from [safefood](#) and [FSANI](#).

29.09.09: Eat It, Drink It, Move It (EU)

This EU campaign is aimed at tackling obesity in children by promoting milk and fruit and vegetable consumption. The 'Taste Bunch' characters show children how to make healthier choices when eating. The campaign is supported by roadshows in a number of countries throughout October and November and also by a website. [Read more](#).

28.09.09: British Heart Foundation Northern Ireland launches 2009 Food4Thought Campaign (NI)

Launching the campaign on the back of a survey which highlighted that over half of young people were failing to get their recommended daily amount of exercise as well as over a quarter of young people stating they couldn't be bothered, British Heart

Foundation (BHF) Northern Ireland campaign is aimed at getting children more active as part of the battle against childhood obesity. The campaign was launched in Belfast by the Minister of Health, Michael McGimpsey MLA. Alongside the launch, BHF Northern Ireland welcomed the arrival of its latest schools initiative - [Ultimate Dodgeball](#) - an attempt to fire up children's interest in physical activity. This year also marked the return of the [Yoobot](#). This innovative online game has become a staple in over 1 million children's lives across the UK and it aims to help them to make informed and healthier food choices.

21-27 September 2009: Irish Heart Week (ROI)

Walk for Heart was the theme of this year's Irish Heart Week – the annual heart health promotion campaign by the Irish Heart Foundation. Running from the 21st – 27th of September the Week encouraged people of all ages to get more active and to take up a 4 – week Walk or Step Challenge. The Week ended with Ireland's BIG Walk on Sunday the 27th with 425 walks taking place nationwide. You can still sign up for the Walk or Step Challenge at www.irishheart.ie/heartweek which you or your staff or family and friends can begin at any time that suits you. Walking information leaflets or Walk or Step Challenge cards are also available to order free of charge from the Irish Heart Foundation by emailing claffan@irishheart.ie.

Ongoing: Little steps (IOI)

'Little Steps' is a three year all-island campaign from **safefood** and the HSE which aims to provide parents with information and support to make small changes to improve their children's diet and increase their levels of physical activity. Visit www.littlesteps.eu for more information.

Ongoing: Weigh2live (IOI)

Weigh2live is an online resource designed to help people attain or maintain a healthy weight. The nutrition team at **safefood** and dietitians at the INDI (Irish Nutrition and Dietetic Institute) have developed this website to help you set and achieve your healthy weight goals. Visit www.weigh2live.eu.

Ongoing: Funding available for dietitians and nutritionists (IOI)

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

Forthcoming events

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

Title: [Belfast Healthy Cities 20th Anniversary Lecture by Professor Sir Michael Marmot](#)
Date: 08 October 2009
Further info: Maura Ahern at 028 90328811 or maura@belfasthealthycities.com

Title: **Public Health Research Programme, including special Obesity Themed call**

Hosted By: HSC Research & Development

Date: 09 October 2009 (2-4pm)

Venue: The Boardroom, 7th Floor, HSC Building 12-22 Linenhall Street, Belfast

Further info: Dr Nicola Armstrong, HSC Research & Development, Public Health Agency, T: 028 90553617/E:nicola.armstrong@hscni.net

Title: **Time for Play Conference**

Hosted By: Playboard

Date: 21-22 October 2009

Venue: Armagh City Hotel, Armagh

Title: **Using Pedometers to Promote Physical Activity in Public Health**

Hosted By: UKCRC Centre of Excellence for Public Health (NI)

Date: 29 October 2009

Venue: Seminar Rooms 3&4, Mulhouse, Royal Victoria Hospital

Title: **Improving Nutrition: Elderly and Vulnerable Groups**

Hosted By: Westminster Food & Nutrition Forum

Date: 10 November 2009

Venue: Central London

Title: **Physical Activity Workshop**

Hosted By: All-island Obesity Action Forum, supported by **safefood**

Date: 12 November 2009

Venue: Clarion Hotel, IFSC, Dublin 1

Title: **Nutrition and Health 10th National Conference**

Hosted By: Nutrition & Health

Date: 12-13 November 2009

Venue: Olympia Conference Centre, London

Title: **Nutrition Society Winter Meeting: Food supply and quality in a climate-changed world**

Hosted By: Nutrition Society, supported by the Society for Experimental Biology and the British Society of Animal Science

Date: 15 December 2009

Venue: The Agriculture Building, Whiteknights Campus, University of Reading, UK

Past events

Title: **19th European Childhood Obesity Group Meeting**

Date: 17-19 September 2009

Venue: Dublin

Details: A summary of the event has been prepared by Ciara Sheridan, Irish Society of Chartered Physiotherapists and is available as an attachment to this e-bulletin or can be requested from the Forum by email at obesityforum@safefood.eu

Consultations

UK: EFSA launches public consultation on Dietary Reference Values for carbohydrates, dietary fibre, and fat

EFSA's Panel on Dietetic Products, Nutrition and Allergies has provided advice on Dietary Reference Values (DRVs) for the European population for carbohydrates (including sugars), dietary fibre, and fats. This consultation was launched on 05 August 2009. The consultation closes on **15 October 2009**. [Read more](#).

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](#).

Training

Course Title: [Obesity Journey Course](#)

Date: 27-28 November 2009

Venue: Cork, Main Lecture Theatre Cork University Hospital

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: 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
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: 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
