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**Minutes of the fifteenth meeting of the All-island Obesity Action Forum, held on  
Tuesday 10<sup>th</sup> November 2015 at the Gibson Hotel, Dublin**

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**Present**

Dr Cliodhna Foley Nolan	<b>safefood</b> (chair)
Dr Aileen McGloin	<b>safefood</b>
Ms Joanne Casey	Food Standards Agency, NI
Ms Jennifer Feighan	Irish Nutrition and Dietetic Association
Ms Cliona Loughnane	Irish Heart Foundation
Dr Muireann Cullen	Nutrition and Health Foundation
Ms Gemma Fairfield	Northern Ireland Chest Heart and Stroke Association
Mr Kevin O'Hagan	Irish Cancer Society
Dr Tracy Owen	Public Health Agency
Ms Ursula O'Dwyer	Department of Health
Ms Jennifer McBratney	British Dietetic Association
Ms Niamh McDaid	Cancer Focus NI
Dr Janas Harrington	HRB Centre for Diet and Health Research
Dr Michael Harrison	Waterford Institute of Technology

**In Attendance**

Ms Laura Keaver	<b>safefood</b> , Minute Secretary
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**Apologies**

Mr Ian McClure	
Ms Claire Wright	Department of Health, Social Services and Public Safety
Mr Gary Maxwell	
Mr Michael Bell	Northern Ireland Food and Drink Association
Prof Ivan Perry	HRB Centre for Diet and Health Research

**1. Welcome**

Dr Cliodhna Foley-Nolan welcomed members to the fifteenth Forum meeting. Apologies were noted.

**2. Roundtable introductions**

Members introduced themselves.

**3. Minutes of meeting 3<sup>rd</sup> June and any matters arising**

Draft minutes from the previous meeting were approved within one month of the last meeting. There were no matters arising.

#### 4. Policy Update

DHSSPS (NI)

- There was no representative and so members were referred to the submitted updates

Department of Health, Republic of Ireland (ROI) - Ms Ursula O' Dwyer updated the group.

- The Obesity policy and action plan will be ready to go to government by the end of the year. There have been 4 consultation days held since the last obesity forum meeting. There have also been bilateral meetings with government departments for input.
- The healthy eating guidelines are being reviewed and the content and messaging around this has been agreed. The food pyramid is being tweaked and it is currently being tested in focus groups. **Safefood** are leading the design and printing of resources. There are 3 resources planned to be online by the end of the year: a 2 page resource focussing on the food pyramid, key healthy eating messages and a week's menu plan for a family of 4.
- FSAI recently facilitated a discussion with food businesses and consumers with regard to calories on menus. There is also an evaluation looking at what is currently happening while guidelines are voluntary. Legislation is being drawn up for calories on menus and it will likely be rolled out in chains with a number of outlets.
- A code of practice group has been set up and is looking at voluntary guidelines around marketing of food and drinks. The second meeting of this group is scheduled for the 12<sup>th</sup> November and it is planned that there will be a report within one year.
- The Netherlands currently have the EU presidency and are focussing on reformulation, key targets for the next few years are being discussed
- As part of the EU joint action plan Ireland is leading on the cost of childhood obesity and this will be delivered in two years' time.

#### 5. HSE update

Sarah O'Brien updated the group on the restructuring of the HSE. The country has been divided into seven hospital groups and nine community health organisations. The hospital groups will function as a trust with the hospitals within each group working at a strategic level to ensure all needs are met within that group. There will be a Healthy Ireland (HI) lead in each hospital group. The community health organisations will be the operational delivery system that provides specialised services outside of hospitals and will encompass: Primary Care, Social Care, Mental Health, Health and Wellbeing.

In the national space there will be a health and wellbeing function which will be responsible for driving the HI framework. There are 7 policy priority programmes which will work closely together: Healthy eating & active living; Tobacco; Alcohol; Child Health; Positive aging; Wellbeing and Sexual health & crisis pregnancy.

#### 6. Member Updates

As result of the Forum evaluation the meeting has been restructured so as to facilitate a more detailed discussion on relevant and topical issues. Therefore prior to the meeting members were asked to provide a brief update with regards to any campaigns or initiatives on-going in their organisation.

### **Irish Nutrition and Dietetic Institute**

- Referred members to the submitted updates.

### **Nutrition and Health Foundation**

- Seminar held in September was a success.
- Currently planning a workplace wellbeing day for 2016. Also planning to establish awards to encourage businesses to get involved.

### **HRB Centre for Diet and Health Research**

- Work has started on the cost of childhood obesity.
- Work starting soon on developing an intervention in conjunction with NUIG looking at early childhood feeding practises in the primary care setting.

### **Irish Cancer Society**

- Two seminars were held recently: obesity & cancer and physical activity for cancer prevention.
- A funding call for a research project looking at the risk factors for chronic diseases is open and will amount to €285,000 over three years.

### **Irish Heart Foundation**

- Economists are currently looking at the revenue that could be generated from introducing a tax on sugar sweetened beverages, likely to be around €44 million.
- Happy heart at work awards will take place the 30<sup>th</sup> November.
- Currently rolling out Sli no Slainte routes in workplaces.
- Annual heart month focussed on women and heart disease.

### **Food Standards Agency NI**

- Menucal was launched in September and has received good feedback.
- Retailer promotions research is due the end of November.
- Food in schools forum are meeting the 11<sup>th</sup> November.
- Fitter Futures revised outcome framework was launched in July.
- Extending the cost of healthy food basket research to include two additional household types.
- There will be a health service catering and procurement meeting this month in a joint collaboration between the Food Standards Agency, the Public Health Agency and **safefood**.
- Kantar data for Northern Ireland has been purchased and it is expected that a report on consumer purchasing habits will be available shortly.

### **Northern Ireland Chest Heart and Stroke**

- Currently focusing on producing new resources focusing in particular on healthy eating on a budget.
- Health checks are continuing this year and next year.

### **Cancer Focus NI**

- The Keeping Well health check vans are continuing to visit workplaces, sporting organisations, community groups and ethnic minority groups across NI. From June 2015 until now our three services have done 167 visits (health checks and health awareness sessions).
- The five primary school programmes has been updated this year. The new post-primary school programmes are being piloted this academic year.

### **Safefood**

- A new 3 year phase of the Community Food Initiative's is starting and there has been a change in approach and an aim to disperse the approach more widely.
- The childhood obesity campaign will next year focus on the family.
- Have been working with funders of dietary surveillance surveys to develop a framework for collection of data and this is near completion.
- A short presentation on the new weightloss app being developed by safefood was given and screenshots of the content were shown.

### **British Dietetic Association**

- Nutrition and hydration guidelines have been launched in the UK.
- Work Ready campaign has been launched and includes a white paper and a range of resources around dietetic led initiatives in the workplace. First training of dietitians to be work ready dietitians will take place in the UK shortly.
- The UK is lobbying quite hard for sugar tax at the moment and BDA NI are hoping to use this as a base to do similar.

### **Public Health Agency**

- Currently evaluating the 'healthy break' scheme which has been operating a number of years.
- Ongoing work on active travel in schools in collaboration with sustrans. This will be a three year programme initially.

### **Waterford Institute of Technology**

- A 12 week intervention 'Men on the Move' is currently underway with 1,000 men in 8 counties enrolled. It is funded by the HSE and IHF and is targeting to increase physical activity, decrease BMI and increase social inclusion.

## **7. Topic for Discussion**

- Role of the forum in influencing policy – can we progress this aspect of the group?

Key points and concerns emerging from the discussion around this included:

- It was felt that there could be constraints in what we can do – particularly members representing government departments.
- What would a potential role look like? Should it be supporting government's view on health issues to give added weight. It was raised that not all forum members may be on the same page with regard to particular issues.

- It was also suggested that a role for the group could be to support solid evidence that emerges.
- It was felt that food in schools may be an area the group could get involved in or that a subgroup could be developed. The model currently being used in Northern Ireland was mentioned as a good model although it was noted that there are differences in the school structures and facilities.

## **8. Next Forum Workshop**

The next forum workshop will be held on 14<sup>th</sup> June and will focus on the use of technology to reduce obesity, change health behaviours and improve health.

## **9. AOB**

As there was no further business the meeting concluded at 3.30pm.

## Member Updates:

Organisation Name	Ongoing Campaigns		
DHSSPS	Public Health Strategy	The new public health Strategy <i>Making Life Better</i> was launched in June 2014 and governance and implementation structures are being put in place.	<a href="http://www.dhssps.ni.gov.uk/making-life-better">http://www.dhssps.ni.gov.uk/making-life-better</a>
	A Fitter Future for All	The Regional Obesity Prevention Implementation Group (ROPIG), and Departmental Stakeholders, continue to implement outcomes from the current obesity prevention strategy. A year-2 report is anticipated to be published at the end of October 2014 and a three-year review of outcomes is due to commence and to be completed in spring 2015.	<a href="http://www.dhssps.ni.gov.uk/framework-addressing-overweight-obesity-ni-2012-2022.pdf">http://www.dhssps.ni.gov.uk/framework-addressing-overweight-obesity-ni-2012-2022.pdf</a>
	Active travel	DHSSPS continue to be members of the Active Travel Forum. Active Travel continues to be represented through outcomes within A Fitter Future for All.	
HSE		Continued partnership with SafeFood and Healthy Ireland to deliver the All Island Childhood Obesity Campaign. The campaign material on treats has been cascaded throughout the HSE and the 6 messages of the campaign have been delivered in a Childhood Obesity Presentation to the 40 members of the HSE West Regional Health Forum.	
safefood	Childhood Obesity Campaign	<b>Let's take on childhood obesity, one small step at a time.</b> This 3 year, multi-media campaign by <b>safefood</b> in partnership with the Choose to Live Better Campaign (NI) and Healthy Ireland Framework (ROI) aims to communicate practical solutions that parents can take on in order to tackle the everyday habits that are associated with excess weight in childhood. The campaign was launched in October 2013 and there have been 4 bursts of advertising. The current phase of the campaign is focussing on 'treat foods'. Consumer research is currently being conducted to evaluate parental reported knowledge, attitude and behaviour following year one of the campaign.	<a href="http://www.safefood.eu">http://www.safefood.eu</a>
	Stop the Spread	The "Stop the Spread" campaign ran from 2011-2012 and encouraged people to measure their waist and reflect on their own weight. Campaign resources available online.	<a href="http://bit.ly/UikAcK">http://bit.ly/UikAcK</a>
	Weigh2live	The Weigh2Live online resource provides free, independent advice for losing weight (and keeping it off) in a healthy, sustained way and forgetting about fad dieting. It's practical and contains interactive tools. It was developed by <b>safefood</b> and INDI. It is a key resource in the <a href="#">HSE-ICGP</a>	<a href="http://bit.ly/U1yAVY">http://bit.ly/U1yAVY</a>

	Little Steps	<p><a href="#">Weight Management Treatment Algorithm</a> for health professionals in ROI. An update of the resource is currently being planned and it is hoped that this resource will be developed into an app.</p> <p>Developed by <b>safefood</b> and the Health Service Executive in collaboration with the Health Promotion Agency, Northern Ireland. The website and promotional materials are available.</p>	<a href="http://bit.ly/UO9pog">http://bit.ly/UO9pog</a>
<b>Irish Cancer Society</b>	Fit For Work And Life	Target population: Long-term unemployed currently participating in nationally funded employability programmes. This positive health and well-being programme was piloted in the North Wall Community Development Project (NWCDP) in 2013. Currently working with training agencies to further develop the programme to accreditation stage, FETAC level four.	
	PREVENT	<p>Community Cancer Awareness Programme: trained volunteers deliver cancer information talks or awareness stands to community groups events and national campaigns on the <i>Cancer Smart Lifestyle</i>:</p> <p>Smoking, Skin cancer, Men and Cancer Women and Cancer.</p>	<a href="http://www.cancer.ie/reduce-your-risk/community-awareness-programme#sthash.4HQkD4f9.dpbs">http://www.cancer.ie/reduce-your-risk/community-awareness-programme#sthash.4HQkD4f9.dpbs</a>
	Strides for Life Programme	15 week structured walking programme for cancer survivors. The programme is individualised for each participant's fitness level and their own personal schedule, gradually increasing the workload every week over the 15 weeks. The programme is currently being provided by 13 cancer support centres affiliated to the Irish Cancer Society. 33 leaders have been trained and are now offering the <i>Strides for Life</i> programme in their own community.	<a href="http://www.cancer.ie/how-we-can-help/support/patient-conferences/national-conference-cancer-survivorship#sthash.1LgCL9Sh.dpbs">http://www.cancer.ie/how-we-can-help/support/patient-conferences/national-conference-cancer-survivorship#sthash.1LgCL9Sh.dpbs</a>
	National Conference of cancer Survivorship	September 19 <sup>th</sup> & 20 <sup>th</sup> , Theme Living Well with cancer: Presenters included Dr Noel Mc Caffery DCU, <i>Exercise Based Cancer Rehabilitation</i> , Richelle Flanagan INDI, <i>Diet and Recurrence prevention</i> , <i>Good Food Made Simple</i> 800 in attendance.	
	Health Inequalities	The Charles Cully Lecture and Medal Award is an annual event held by the Irish Cancer Society (11 <sup>th</sup> November 2014). The lecture recognises and awards leadership in the field of cancer control, cancer prevention, or health policy. The lecture takes its name from one of the most influential founding members of the Irish Cancer Society. Theme for 2014: <b>How tackling health inequalities could reduce the cancer rate.</b>	<a href="http://www.cancer.ie/advocacy/charles-cully-2014#sthash.GyaPc3hV.dpbs">http://www.cancer.ie/advocacy/charles-cully-2014#sthash.GyaPc3hV.dpbs</a>

<b>WIT</b>		A video clip advising on how to become active by Dr Niamh Murphy (WIT) and Prof M Murphy (UU) on Safefood.eu website as part of the Let's take on Childhood Obesity campaign	<a href="http://www.safefood.eu/Childhood-Obesity/Videos/Experts.aspx">http://www.safefood.eu/Childhood-Obesity/Videos/Experts.aspx</a>
<b>Irish Sports Council</b>	Healthy Ireland	ISC are represented on the National Physical Activity Plan and are contributing to the actions relating under this pillar	
	Operation Transformation	ISC will work with Operation Transformation in 2015 to deliver a series of walking and fun run events.	
<b>Department of Health</b>	Childhood Obesity Campaign	This three year, multi-media campaign by safefood in partnership with the Choose to Live Better Campaign (NI) and Healthy Ireland Framework (ROI).	
	New Obesity Policy	A new Obesity Policy is being prepared and there will be a national consultation in March/April 2015. The policy will be completed by end 2015.	
	Calories on Menus initiative	Calories on menus scheme is being evaluated and pending results, may lead to legislation	
	Healthy Ireland	The Department of Health and the Department of Transport, Tourism and Sport are co-chairing a working group which is developing a national physical activity plan. This group is focussing attention on operational issues to encourage greater participation in, and greater recognition of, the importance of physical activity. Drafting of the plan is continuing and an ongoing consultation process is underway. It is anticipated that the plan will be launched early in 2015.	



		A contractor has been appointed to administer a healthy Ireland survey which will gather information and inform the development of robust baseline data, at a national level on a range of health and wellbeing indicators e.g. tobacco use, alcohol consumption, physical activity and diet etc. Fieldwork has commenced and results are expected in April/May	
<b>Organisation Name</b>	<b><i>Schools, Workplace, Community initiatives</i></b>		
<b>DHSSPS</b>	Increasing space for physical activity	DHSSPS continues to be a member of the Play and Leisure Implementation Group. Actions to increase quality play opportunities are being taken forward through A Fitter Future for All.	<a href="http://www.ofmdf.mni.gov.uk/play-and-leisure-policy">http://www.ofmdf.mni.gov.uk/play-and-leisure-policy</a>
	Making Life Better	The new DHSSPS public health strategy, <i>Making Life Better</i> , was launched in June 2014. It advocates through its 'space and place' approach to maximise the use of the natural and built environment to increase access to safe, sustainable health nurturing spaces and places.	<a href="http://www.dhssp.sni.gov.uk/making-life-better">http://www.dhssp.sni.gov.uk/making-life-better</a>
	Food in Schools Policy	DHSSPS continues to be a member of the Food in Schools Forum and additional special interest groups.	<a href="http://www.deni.gov.uk/food-in-schools-policy.htm">http://www.deni.gov.uk/food-in-schools-policy.htm</a>
	Sports Matters	DHSSPS are members of the Sports Matters Monitoring Group and work with Sport NI through implementation of A Fitter Future for All.	<a href="http://www.dcalni.gov.uk/index/sport/sport_matters.htm">http://www.dcalni.gov.uk/index/sport/sport_matters.htm</a>
<b>safefood</b>	EAT RIGHT	<b>Safefood</b> and the Food Standards Agency in Northern Ireland have launched ww.eatright.eu, an all-island on-line resource of materials to support teachers and trainers working with early school leavers on the island of Ireland. The resource contains healthy eating and nutrition information that has been tailored to make it relevant and engaging for early school leavers and the worksheets are presented in basic, intermediate and advanced levels to account for different abilities and levels of literacy.	<a href="http://www.eatright.eu">www.eatright.eu</a>
	Little Bites	<b>Safefood</b> is working in partnership with Early Childhood Ireland on the development of an online information hub for pre-school providers in ROI. This hub contains information on food hygiene, healthy eating, allergies and intolerances and will be launched early December 2014. Early Years NI are identifying where there is similar need in NI.	Will be available at <a href="http://www.safefood.eu">www.safefood.eu</a>

	What's on a label	<b>Safefood</b> is working in partnership with the Food Standards Agency in NI to update the food labelling resource for Key Stages 3 and 4 in NI and the resource is also being updated in ROI.	
<b>HSE</b>	School Growth Monitoring	<p>School Growth Monitoring has commenced in the 1st of 4 pilot sites. 5-6 year old children in all schools in C. Mayo are being screened by the school nurse as part of the school health check. All consenting parents receive the results on the growth of their child. It should read that the parents of underweight and normal weight children will receive a copy of "Eat Smart Move More". Underweight children will receive an appropriate referral.</p> <p>The parents of Overweight children will receive a copy of the campaign booklet "Your child's weight..." and will be referred to on line self help resources and community based healthy lifestyle and prevention programmes. The parents of obese children will receive a copy of the campaign booklet "Your child's weight..." and will be invited to an assessment clinic with a view to offering them a place on the year long W82GO Lifestyle Intervention Programme which will be delivered in the New Year by a community based multidisciplinary team. It is hoped that Cork will follow suite by the end of 2014.</p>	HSE
<b>Cancer Focus NI</b>	<p>Keeping Well mobile service</p> <p>Schools Health Education Package (SHEP)</p>	<p>We currently have three mobile units vans delivering health checks and cancer awareness talks across NI to a wide variety of organisations including workplaces, sports and community groups. The sessions are interactive, positive and designed to help empower people to take control of their own health and lower their risk of cancer.</p> <p>SHEP programmes ongoing (healthy eating and physical activity in a fun and interactive way), nearly 200 schools signed up so far this academic year. New programme, Bernard the Bear (healthy eating and care in the sun) with nursery schools also ongoing this academic year.</p>	<p><b>Stephanie Allen,</b> Cancer Focus NI <a href="mailto:stephanieallen@cancerfocusni.org">stephanieallen@cancerfocusni.org</a></p> <p><b>Niamh McDaid,</b> Cancer Focus NI <a href="mailto:niamhmcdaid@cancerfocusni.org">niamhmcdaid@cancerfocusni.org</a></p>
<b>Northern Ireland Chest Heart &amp; Stroke Association</b>	<p>Choose Healthy Stuff</p> <p>Highway 2 Health</p>	<p>Health Talks – targeted at schools, communities and workplaces -series of talks on chest, heart and stroke illnesses/conditions and the risk factors</p> <p>Teachers pack – targeted at schools – teachers resource pack</p> <p>Chester's Challenge – targeted at primary schools - 3 week healthy lifestyle programme</p> <p>Part of a European Initiative to develop safe walking routes within communities</p>	

	Health and Homeless Programme  Community Health Champions Pilot Project	Targetted at the Homeless populations in Belast and South Easter Trust areas – involving:  Health Checks/Blood pressure and information and signposting - Choose Healthy Stuff Talks - Stop Smoking sessions - Healthy Eating and Cook It sessions - De-Stress and Pampering sessions - Staff information sessions (Cardiovascular and Respiratory Health)  NICHs programme of support to volunteer peer to peer educators in areas of deprivation – various activities including Health Talks – Walking Groups – Family Fun Health events	
<b>Irish Sports Council</b>	<b>Local Sports Partnership</b>	Applications have been issued to the LSP network for funding for 2015 which will include a range of community and school initiatives	
<b>Department of Health</b>	Childhood Obesity Surveillance Initiative  Breakfast Clubs Report and School Food Programme	WHO COSI project – Ireland has participated since it's initiation in 2008 – round 1. 3 <sup>rd</sup> round completed and results show a plateauing in overweight and obesity levels in 7 year olds.  Links with Healthy Food For All via Advisory Council Support recent Breakfast Clubs report re expansion and the Food School Programme(bilateral_)	
<b>Organisation Name</b>	<b>Food Poverty</b>		
<b>DHSSPS</b>	All-Island Food Poverty Network	DHSSPS are members of the Food Poverty Network – This group is currently establishing a baseline for poverty for the whole Island of Ireland. Recent work includes: adding EU SILC food deprivation measures within the 2013-14 Health Survey for Northern Ireland. Establishing a pilot research project in NI to investigate the cost of a healthy food basket across two types of household ( <b>safe food</b> , FSA NI and Consumer Council NI)	<b>DHSSPS</b>
<b>safe food</b>	Community Food Initiatives	In early April 2013, <b>safe food</b> launched the CFI Programme 2013-15, which aims to positively influence the eating habits of families in low income communities on the island of Ireland. The programme is funded by <b>safe food</b> and managed by Healthy Food for All and the first year evaluation is currently being summarised.	<a href="http://bit.ly/SXMGFN">http://bit.ly/SXMGFN</a>

	<p>101+ Square Meals Recipe Book</p> <p>Food Poverty Network</p> <p>Cost of Adequately Healthy and Acceptable Food Basket</p>	<p>This recipe book was originally developed by Money Advise and Budgeting Service (MABS) and HSE in ROI in 1998. <b>Safefood</b> worked in collaboration with PHA to adapt the book for use in NI last year and are currently updating the ROI version with MABS and HSE. This should be available by the end of the year.</p> <p><b>safefood</b> continue to act as secretariat to the network that currently involves a number of government agencies and departments, academics and NGOs who have a common interest in reducing food poverty of the island. Members include FSA NI, PHAI, PHA, QUB, IPH, DSP, ERSI, HFFA, DHC, DHSSPS. Following the work on developing a food poverty indicator the network are currently working on ongoing data available in NI and ROI. Other efforts include establishing data on the cost of food baskets using the MIS methodology in both jurisdictions.</p> <p>The all island food poverty network conducted a workshop on 24<sup>th</sup> June 2014 that reviewed the success of the food poverty indicator (10% population report being on food poverty) and discussed the forthcoming 'Food Basket' research.</p> <p><b>safefood</b> have funded the analysis of existing data (2008-2014) on the cost of food basket for six household types using the Minimum Standard of Essential Living Approach. The analysis looks at the percentage of household income and budget required for a adequately healthy and nutritious basket for low income families. It also looks at the impact of children on the cost of food baskets. Data will be published in March/April 2015</p> <p>In Partnership with FSA NI and Consumer Council NI, <b>safefood</b> have funded a pilot to develop the cost of a food basket for two household types – pensioner living alone and two parent, two child (ages 3 and 10 years). Data will be published in April/May 2015.</p>	
<b>Organisation Name</b>	<b>Health Services</b>		
<b>HSE</b>		<p>The Health Professional Resource "Brief Intervention for Healthy Weight Management Before, During and After Pregnancy is at design stage and will be circulated for consultation Nov. – Dec. This resource will support the HSE-ICGP Healthy Weight Management Guidelines Before, During and After Pregnancy see <a href="http://www.hse.ie/weightmanagement">www.hse.ie/weightmanagement</a></p> <p>The tender process for a 5yr HSE National Contract for Vending is complete. The evaluation committee are reviewing submitted tenders with a view to awarding a contract by year end.</p> <p>The draft HSE Calorie Posting Policy will be submitted to the Senior Management Team by year end. Two pilot sites – Cherry Orchard and Letterkenny General Hospitals have commenced calorie posting with the assistance of the FSAI in implementing MenuCal.</p>	

<b>WIT</b>	National Exercise Referral Framework	Led by Dublin City University, with WIT University of Ulster, NUIG and the HSE as partners, a national framework for exercise referral is in the final stages of preparation for the HSE (see <a href="http://www.exercise-referral.info">www.exercise-referral.info</a> ). Public consultation closes on November 3 <sup>rd</sup> . The framework aims to present a feasible and sustainable national exercise referral system for Ireland. The framework will allow for referrals from a wide range of health professionals, not just general practitioners and will allow for referral to non-centre based physical activity options. The framework concentrates on individuals with established non-communicable diseases. It will recommend that inactive individuals with risk factors receive exercise advice or brief intervention, but not as part of the NERF.	<a href="http://www.exercise-referral.info">www.exercise-referral.info</a>
<b>Northern Ireland Chest Heart &amp; Stroke Association</b>	<i>Health checks</i>	Mini health checks – workplace, community settings Express health checks – workplace, community settings	
<b>Organisation Name</b>	<b>Research and Evidence Based Activities</b>		
<b>HSE</b>		The NNSC have been commissioned by the HSE to carry out further analysis on the data gathered during the Childhood Obesity Surveillance Initiative (COSI) in the ROI. A report will soon be published on line dealing with the "Descriptives of childhood obesity risk factors"	
<b>WIT</b>	Published paper (Growing Up in Ireland data analysis)	<b><i>Screen time increases risk of overweight and obesity in active and inactive 9-year-old Irish children: a cross sectional analysis.</i></b> Aoife Lane, Michael Harrison, Niamh Murphy. <i>Journal of Physical Activity and Health</i> 2014. July 11(5) 985-91 Independent associations between screen time (ST)/physical activity (PA) and overweight (OW)/obesity have been demonstrated but little research exists on the role of ST among sufficiently active children. To examine the combined influence of ST and PA on risk of OW/obesity in a nationally representative sample of 9-year-old Irish children. The sample in this cross sectional analysis contained 8568 children. Self-report parent data were used to group children into ST and PA categories and related to OW/obesity using forced entry logistic regression. High ST (> 3 hours/day), bedroom TV and mobile phone ownership increased risk of OW/obesity in high and low active children (P < .05). Low PA (<9 bouts fortnightly) was also associated with OW/obesity. In combined analyses, OW/obesity was lowest in the reference low ST/high PA group with ORs of 1.38, 1.63, and 2.07, respectively, in the low ST/low PA, high ST/high PA, and high ST/low PA groups. Access to electronic media, low socioeconomic status, parental obesity, and not engaging in sports were all related to high ST (P < .05). This study supports findings that ST is associated with OW/Obesity demonstrating this separately in high and low active children.	<a href="mailto:alane@wit.ie">alane@wit.ie</a>
	Men on the Move	A HSE-funded comprehensive evaluation of the Men on the Move (MoM) Programme is about to commence. Supporting men to modify their health behaviours poses unique challenges to service providers. The MoM programme aims to 'reach' men over 35 y and increase their level of physical activity, health and well-being in a community-based health partnership. The proposed evaluation will engage 360 men in 6 counties (Donegal, Mayo, Galway, Waterford and two others) with a 16 week programme. The impact of the programme will be evaluated up to 12 months post-completion. BMI, waist circumference, cholesterol and blood pressure will be part of the outcome measures. The	<a href="mailto:pcarroll@wit.ie">pcarroll@wit.ie</a>

	<p>Student Activity and Sports Study Ireland (SASSI)</p> <p>Smarter Travel Evaluation (South-east)</p>	<p>delivery model will be based on a recently published systematic review on the management of obesity in men. Partners in the evaluation are WIT, IT Carlow, and the Centre for Men's Health, Leeds Metropolitan University.</p> <p>This project, initiated in 2012 by Student Sport Ireland and generously supported by SSI member institutions, the Irish Sports Council and Sport Northern Ireland, aims to ascertain current levels of participation and provision in physical activity and sport across third-level institutions (total 43) in Ireland, north and south. A contract to carry out the research was awarded in January 2014 to researchers from Waterford Institute of Technology, the University of Ulster, Dublin City University and the University of Limerick. Phase 2 of the project (the main student survey targeting 11,834 students in 43 institutions) has just commenced.</p> <p>The Centre for Health Behaviour Research at WIT are measuring the process and impact of the Governments' Smarter Travel policy in the South-East. The impact of the money invested in promoting active transport is being measured by surveys and manual counts of pedestrians and cyclists in three towns. To date over 10,000 surveys have been conducted with school-children and adults. We are particularly interested in whether an increase in active travel could displace other types of daily physical activity. The implementation process is being measured through periodic qualitative interviews with key stakeholders. Another important element of the research was the development of an intervention to target adolescent girls. This study assessed the potential for ebooks, cycle training, incentivised active travel challenges and a transition year active travel module to increase the numbers of students walking or cycling to school. The final outcomes of all these related studies will be made available in 2015.</p>	<p><a href="http://www.student-sport.ie/?p=9781">http://www.student-sport.ie/?p=9781</a></p> <p><a href="mailto:nbyrne@wit.ie">nbyrne@wit.ie</a> (research officer)</p> <p>Blambe@wit.ie</p>
<b>Northern Ireland Chest Heart &amp; Stroke Association</b>	Research Grants	<p>Ongoing projects in the areas below:</p> <ul style="list-style-type: none"> <li>• The effect of increased fruit and veg. intake on epigenetic and transcriptomic endpoints</li> <li>• Effect of vitamin D3 supplementation on insulin resistance and cardiovascular risk factors, cardiovascular disease and type 2 diabetes.</li> <li>• Accumulated brisk walking and cardiovascular risk in an 'at risk' population</li> </ul> <p>2014 research grants will be awarded in January 2015.</p> <p>Ongoing Literature review focussing on areas on dietary risk, physical activity, smoking and alcohol</p>	

		<p>Evaluation of our current services.</p> <p>Review of service delivery and provision options with common areas of work,</p>	
<b>Irish Sports Council</b>	Irish Sports Monitor	<p style="text-align: center;"><b>Key Findings</b></p> <p>Participation in sport has risen from 44.8% to 47.2%. This last figure is equivalent to almost 1.7 million Irish adults participating in sport regularly.</p> <p>The trend towards sports participated in on an individual basis continues in the 2013 study with almost four times as many people participating in individual sports (41.5%) than team based activities (10.9%).</p> <p>Personal exercise is now the most popular sporting activity for both genders.</p> <p>A higher proportion of females are participating in sport than previously, (increasing by 3.7% to 42.7%) resulting in a narrowing of the gender gap in participation. There has been a notable rise in participation among females aged 25 to 44.</p> <p>Social gradients continue to impact participation. Those with higher levels of education or income are more likely to participate in sport than lower education or income groups.</p> <p>Recreational walking remains the most popular form of physical activity with 2.3 million people aged 16 or over participating in the last seven days.</p> <p>Almost 9 in 10 adults take part in some physical activity on a weekly basis with men and women equally likely to be active in this regard.</p> <p>The percentage of people who are highly active increased by 2% since 2011 from 29.3% to 31.3%. While the proportion who are sedentary continues to decline with a 1.2% decrease in 2013 and a 5.6% decline since 2007.</p> <p>Over 45% of those playing sport are meeting the National Physical Activity Guidelines.</p>	

		<p>The number of people volunteering for sport (13.3%), being a member of a sports club (36.3%), or attending a sports event (20.3%) is broadly unchanged since 2011 and still well ahead of 2009 levels.</p> <p>Over two-thirds consider sports administration to be too male dominated at a national level.</p> <p>The most cited reasons which would encourage joining or re-joining a club were if family or friends got involved (18%) and if it was more convenient time wise (19%).</p> <p>Among individuals who claimed nothing would encourage them to join/re-join a club for a sport they were participating in, 59% are highly active. This compares with 48% of those who indicated some interest in joining/re-joining a club being highly active, which indicates that some highly active individuals may not feel that a club would add anything to their sporting experience.</p>	
<b>safefood</b>	<p>Recently launched projects</p> <p>Completed projects which will be launched soon</p> <p><b>Safefood</b> funded research projects ongoing and due for completion 2014/15</p>	<p>Advertising of food to pre-school children</p> <p>Consumer understanding of portion sizes</p> <p>The HIP project Indian food Wrap style sandwiches</p> <p>Iodine status: is there a public health issue on the Island of Ireland</p>	<b>safefood</b>
<b>Dept. of Epi &amp; Public Health, UCC</b>	Cork Children's Lifestyle Study (CCLaS)	The Cork Children's Lifestyle Study (CCLaS) is a cross-sectional survey of children aged 8-11 years in primary schools in Cork, Ireland. The study aims to assess the current prevalence of overweight and obesity in Irish children and explore risk factors at an individual, family and environmental level in a sample of children aged 8-11 years in primary schools in Cork, Ireland. <u>Current stage:</u> Data on	<a href="http://bit.ly/UOkmGt">http://bit.ly/UOkmGt</a>



	<p>The Food Choice at Work Study</p> <p>Systematic Review</p>	<p>snack and sugar-sweet beverage consumption is being gathered and analysed at the moment and once available we are happy to share with the Forum.</p> <p>The 'Food Choice at Work Study' will investigate the impact of environmental engineering alone or in combination with nutrition education on long-term dietary behaviours, nutrition knowledge and general health status of employees for a duration of 6 months in large Cork based workplaces. A non-randomised controlled trial will be carried out in three workplace settings. This study will offer a novel approach to encourage employees to choose their daily food choices within 'healthy' limits as the availability of unhealthy choices will be reduced during the intervention period. <u>Current stage:</u> Data analysis. Results paper will be available for circulation in the coming months.</p> <p>A systematic review on the trends and prevalence of overweight and obesity in primary school aged children in the Republic of Ireland from 2002-2012 was published by Keane et al., in October. No significant trend on overweight prevalence over time was observed (<math>p=0.6</math>). There was a slight decrease in obesity prevalence over the period (<math>p=0.01</math>), with a similar though non-significant decline in the prevalence of morbid obesity (<math>p=0.2</math>). These findings provide some optimism though this current plateau is at an unacceptable high level.</p>	<p><a href="http://bit.ly/1B7zHgm">http://bit.ly/1B7zHgm</a></p> <p><a href="http://bit.ly/1tG7zqB">http://bit.ly/1tG7zqB</a></p>
<b>Department of Health</b>	Healthy Eating Guidelines Review	At DOH request, the Health Research board have carried out a review of the Healthy Eating Guidelines	
<b>OTHER</b>			
<b>Safefood</b>	RTE Operation Transformation	Safefood are the title sponsor of RTE's 'Operation Transformation', a highly popular, primetime TV programme which sends out a powerful message to a mass audience that reaching a healthy weight and becoming more active is not only achievable, but extremely important. The show which follows 5 members of the public on their weight loss journey over 8 weeks is also heavily promoted on RTE Radio, RTE online and in social media channels. The show has a positive impact on increasing consumer awareness of what is a serious health issue and more importantly, serves to inspire people to make lifelong lifestyle changes, which in turn can lead to better long-term health. The most recent series which ran on RTE 1 TV during January and February 2014 had an average audience of 544,000 viewers for each of the 16 episodes which represents a share of the total adult audience at that time of 33%.	

<b>Department of Health</b>	EU Joint Action on Nutrition & Physical Activity	DOH collaborating partner with IPH (lead role) and <b>safefood</b> and Centre for Diet and Health, NUIC Ireland leading out on work package 4 evidence – where evidence on the economic and societal burden of childhood obesity and it’s forecasting to 2020 and 2025 will be presented in a briefing paper to EU ministers of health to facilitate additional resources to help tackle the childhood obesity epidemic	
	EU Childhood Obesity Action Plan	Through participating in the EU Joint Action on Nutrition & Physical Activity and in new obesity policy, the department will be implementing the childhood obesity action plan, launched in February	
	ICN2 WHO/FAO conference	<p>Minister Varadker will lead the Irish delegation which will represent the Departments of Health, Agriculture and Foreign Affairs, and will present the Irish country statement to a global audience.</p> <p>The focus of the conference is on creating consensus on how to address the major nutrition challenges over the next decade and achieving coherence between food supply and public health policies to ensure global food and nutrition security.</p> <p>New WHO European Action Plan on food and nutrition</p>	