
**Minutes of the fourteenth meeting of the All-island Obesity Action Forum, held on
Wednesday 3rd June 2015 at the Stormont Hotel, Belfast**

Present

Dr Cliodhna Foley Nolan
Dr Marian Faughnan
Ms Sharon Gilmore
Ms Jennifer Feighan
Ms Sinead Shanley
Ms Una May
Dr Muireann Cullen
Dr Frances Campbell
Mr Gerry McIlwee
Ms Angela McComb
Mr Ian McClure
Ms Ursula O'Dwyer

safefood (chair)

safefood

Food Standards Agency, NI
Irish Nutrition and Dietetic Association
Irish Heart Foundation
Irish Sports Council
Nutrition and Health Foundation
Northern Ireland Chest Heart and Stroke Association
Cancer Focus NI
Public Health Agency
Department of Health, Social Services and Public Safety
Department of Health

In Attendance

Ms Laura Keaver

safefood, Minute Secretary

Apologies

Prof Marie Murphy
Ms Linda Wilson
Dr Michael Harrison
Dr Tracey Owens
Dr Paul Donnelly
Ms Jennifer McBratney

University of Ulster
Department of Education NI
Waterford Institute of Technology
Public Health Agency
Sport NI
British Dietetic Association

1. Welcome

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

2. Roundtable introductions

Members introduced themselves.

3. Achievements

It was noted that the forum has been running successfully for 7 years now. It was proposed that moving forward an effort be made to further consolidate cohesion and group work on topics of relevance to obesity and to further establish the name of the All Island Obesity Action Forum, possibly responding collectively to consultations.

The recent achievements of the obesity strategy in the South and obesity review in the North were highlighted as positives actions that had recently taken place on the island.

4. Minutes of meeting 11 November and any matters arising

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

5. Policy Update

DHSSPS (NI)

Mr Ian McClure highlighted a number of initiatives:

- The two year update on the obesity prevention framework has been published and is available on the DHSSPS website
- A Regional Obesity Prevention Implementation Group (ROPIG) meeting is planned for the 4th June to discuss plans for the year ahead
- The Department's strategy - 'A Great Start' is focussing on breastfeeding and looking to introduce legislation to strengthen and support breastfeeding in public places in the coming year
- An Active travel to school programme aims to involve 180 schools over three years, schools will receive a gold mark award for continued active and sustainable travel
- A schools guidance tool kit has been developed to assist schools in developing processes whereby their facilities would be available for public use. 81% of schools indicated they would make their facilities available.
- The Food in Schools policy is ongoing and are hoping to amend legislation to address gap in nutritional standards for tuck shops and vending machines.
- The new public health strategy 'Making Life Better' was launched in June 2014 and is looking to improve health while decreasing inequalities
- Results of the 2014/15 Health Survey NI are expected to be published in October

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

- The obesity policy and action plan is due to be completed by end 2015. A national consultation day took place on the 27th April with key stakeholders. The Institute of Public Health have drafted a report on the results of this consultation. The Royal College of Physicians undertook an additional consultation with other health professionals and there are planned consultations with health providers as well as children.
- EU Joint Action on Nutrition and Physical Activity: DOH collaborating with IPH, safefood and HRB Centre for Diet and Health on work package 4: Evidence on the economic and societal burden of childhood obesity and its forecast to 2020 and 2025.
- The Minister for Health is keen to legislate for calorie posting on restaurant menus and a bill is currently being developed.
- A group has been set up to review healthy eating guidelines in the Republic of Ireland, key messages are currently being developed and the pyramid may change. It is planned to have proposed changes ready by year end.
- There will be time allocated at the end of the year to looking at what a national nutrition policy will entail and consist of
- The Healthy Ireland health promotion unit have revised post- primary healthy eating guidelines
- A submission on taxing of sugar sweetened beverages has been put forward for the next budget
- The World Health Organisation have developed a new nutrient profile model, the department are considering the Advertising Standards Authority and the Broadcasting

Authority of Ireland using this to determine which food and drinks can be marketed during children viewing hours.

- The Netherlands will take the EU presidency in November and it is purposed that sugar is a major nutrient to be addressed through EU reformulation. An EU framework is being drawn up by EU high level group and will be ready next year.

- The Department of Health and the Department of Transport, Tourism & Sport are co-chairing a working group which is developing a National Physical Activity Plan. It is anticipated this plan will be launched in the coming months.

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 Heart Foundation

- Recently carried out research looking at food provision in post-primary schools, 90% of schools surveyed were providing some food. Depending on funding it is hoped to pilot 5-10 schools with a catering award based on new guidelines being released in September. There is a gold standard catering model available which can be used.

Public Health Agency

- Received encouraging results from phase one of their latest campaign, to focus on portion size and 10,000 steps for next phase
- A new module for those with learning difficulties has been developed for the COOK-IT programme
- Work on the BME module is continuing and is currently in design phase, should be released in May 2016

Cancer Focus NI

- Continuing to expand community, work place and schools reach
- 'Well aware' programme has now reached 14,000
- Current focus on preventing cancer in those aged 60+
- Men's health conference to be held June 4th 2015

Northern Ireland Chest Heart and Stroke

- Promoting physical activity through the accumulation of everyday activities
- Have introduced a more person- centered approach for research moving forward

Irish Sports Council

- 12,500 people took part in recent walks/runs. A cycle event has now been added also
- Received 25 million euro under dormant accounts programme, this funding will go towards the following programmes: community coaching for job seekers, youth leadership programme to be rolled out in August with 60 groups, disability inclusion

programmes (development of modules on outdoor activities and also training those in gyms), children activity programmes

- There have 70 areas to the community walking scheme
- 2500 cards were distributed through pharmacies to promote the 21 days walking challenge

Food Standards Agency

- Have access to Kantar purchasing data which is being used to work with McCaffrey on food reformulation. Initially aim to reduce salt content in commonly consumed breads before moving to other food products
- The latest NDNS figures were published on the 12th February and are available online
- An event for those in industry will be held in Belfast on 24th September University of Ulster are currently finalised a report on the best way to work with industry and this will be finalized prior to the event
- A joint license for MenuCal has been purchased with the Food Safety Authority of Ireland. Aim to establish an all Island brand for this programme
- Waiting a decision on traffic light labelling from the EU which will determine future education activities

Safefood

- The childhood obesity campaign will focus on portion size and treat foods for the next advertising weeks in June and September
- Currently developing a weight loss app which is due to be launched October/November time
- Nutrition surveillance: working with funders both North and South to look at surveillance on an all island basis moving forward
- The cost of a healthy food basket in the north and south will be launched next week

Irish Nutrition and Dietetic Institute

- Getting more involved in collaborations and consultations
- Have adopted a nutrition care process from a U.S. model to ensure a standardized method is used in all dietetic assessment. Allows comparison for research and evaluation. Currently being used in five sites and the community

Nutrition and Health Foundation

- National workplace day ran earlier in the year and had over 180 companies sign up, there was a seminar held on the day with 200 delegates
- There are two further events planned for later in the year.
- The focus this year has been on nutrition and physical activity, next year it will include mental health

7. Topic for Discussion

- School surveillance

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

- Children in Northern Ireland are weighed on entry to primary (age 4/5) and post primary (age 11/12) school

- At present there is a variation in the ages groups for which referral to weight management support is available; for 3/5 Trust areas referral is at year 8; in 2/5 Trust areas referral/self-referral is available at ages 8-11 and in one Trust area there is a further programme available for children aged 5-7 years. Additionally, in 2/5 Trust areas prevention programmes are available for pre-school aged children.
- There is a 10% uptake of this programme in those referred. Good results are seen in those who do attend however majority are not engaging
- It is the intention of PHA to develop consistency of provision and to commission weight management programmes for children of primary school age (i.e. 4-11 years) across all five Trust areas.
- The Public Health Agency are considering weight loss programmes across all years of primary school

8. Next Forum Workshop

The next forum workshop will be held on 10th November and will focus on the use of technology or recent findings from the HRB Centre for diet and health research welcome.

9. AOB

As there was no further business the meeting concluded at 3.10pm.

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.	http://www.dhssps.ni.gov.uk/making-life-better
	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.	http://www.dhssps.ni.gov.uk/framework-addressing-overweight-obesity-ni-2012-2022.pdf
	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	Let's take on childhood obesity, one small step at a time. This 3 year, multi-media campaign by safefood 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.	http://www.safefood.eu
	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.	http://bit.ly/UikAck
	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 safefood and INDI. It is a key resource in the HSE-ICGP Weight Management Treatment Algorithm 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	http://bit.ly/U1yAVY

	Little Steps	<p>app.</p> <p>Developed by safefood and the Health Service Executive in collaboration with the Health Promotion Agency, Northern Ireland. The website and promotional materials are available.</p>	http://bit.ly/UO9poq
Irish Cancer Society	Fit For Work And Life	<p>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.</p>	http://www.cancer.ie/reduce-your-risk/community-awareness-programme#sthash.4HQkD4f9.dpbs
	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>: Smoking, Skin cancer, Men and Cancer Women and Cancer.</p>	
	Strides for Life Programme	<p>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.</p>	
	National Conference of cancer Survivorship	<p>September 19th & 20th, 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,, Good Food Made Simple</i> 800 in attendance.</p>	
	Health Inequalities	<p>The Charles Cully Lecture and Medal Award is an annual event held by the Irish Cancer Society (11th 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: How tackling health inequalities could reduce the cancer rate.</p>	

WIT		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	http://www.safefood.eu/Childhood-Obesity/Videos/Experts.aspx
Irish Sports Council	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.	
Department of Health	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	
Organisation Name	<i>Schools, Workplace, Community initiatives</i>		
DHSSPS	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.	http://www.ofmdf.mni.gov.uk/play-and-leisure-policy
	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.	http://www.dhssp.sni.gov.uk/making-life-better
	Food in Schools Policy	DHSSPS continues to be a member of the Food in Schools Forum and additional special interest groups.	http://www.deni.gov.uk/food-in-schools-policy.htm
	Sports Matters	DHSSPS are members of the Sports Matters Monitoring Group and work with Sport NI through implementation of A Fitter Future for All.	http://www.dcalni.gov.uk/index/sport/sport_matters.htm
safe food	EAT RIGHT	Safe food and the Food Standards Agency in Northern Ireland have launched www.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.	www.eatright.eu
	Little Bites	Safe food 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 www.safefood.eu

	What's on a label	Safefood 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.	
HSE	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
Cancer Focus NI	Keeping Well mobile service	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>Stephanie Allen, Cancer Focus NI stephanieallen@cancerfocusni.org</p> <p>Niamh McDaid, Cancer Focus NI niamhmcdaid@cancerfocusni.org</p>
	Schools Health Education Package (SHEP)	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.	
Northern Ireland Chest Heart & Stroke Association	Choose Healthy Stuff	<p>Health Talks – targeted at schools, communities and workplaces</p> <p>-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</p> <p>- 3 week healthy lifestyle programme</p>	
	Highway 2 Health	Part of a European Initiative to develop safe walking routes within communities	

	<p>Health and Homeless Programme</p> <p>Community Health Champions Pilot Project</p>	<p>Targetted at the Homeless populations in Belast and South Easter Trust areas – involving:</p> <p>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)</p> <p>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</p>	
Irish Sports Council	Local Sports Partnership	Applications have been issued to the LSP network for funding for 2015 which will include a range of community and school initiatives	
Department of Health	<p>Childhood Obesity Surveillance Initiative</p> <p>Breakfast Clubs Report and School Food Programme</p>	<p>WHO COSI project – Ireland has participated since it's initiation in 2008 – round 1. 3rd round completed and results show a plateauing in overweight and obesity levels in 7 year olds.</p> <p>Links with Healthy Food For All via Advisory Council</p> <p>Support recent Breakfast Clubs report re expansion and the Food School Programme(bilateral_)</p>	
Organisation Name	Food Poverty		
DHSSPS	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 (safefood , FSA NI and Consumer Council NI)	DHSSPS
safefood	Community Food Initiatives	In early April 2013, safefood 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 safefood and managed by Healthy Food for All and the first year evaluation is currently being summarised.	http://bit.ly/SXMGN

	<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. Safefood 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>safefood 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 24th 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>safefood 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, safefood 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>	
Organisation Name	Health Services		
HSE		<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 www.hse.ie/weightmanagement</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>	

WIT	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 www.exercise-referral.info). Public consultation closes on November 3 rd . 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.	www.exercise-referral.info
Northern Ireland Chest Heart & Stroke Association	<i>Health checks</i>	Mini health checks – workplace, community settings Express health checks – workplace, community settings	
Organisation Name	Research and Evidence Based Activities		
HSE		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"	
WIT	Published paper (Growing Up in Ireland data analysis)	Screen time increases risk of overweight and obesity in active and inactive 9-year-old Irish children: a cross sectional analysis. 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.	alane@wit.ie
	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	pcarroll@wit.ie

	<p>Student Activity and Sports Study Ireland (SASSI)</p> <p>Smarter Travel Evaluation (South-east)</p>	<p>measures. The 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>http://www.student-sport.ie/?p=9781</p> <p>nbyrne@wit.ie (research officer)</p> <p>Blambe@wit.ie</p>
Northern Ireland Chest Heart & Stroke Association	Research Grants	<p>Ongoing projects in the areas below:</p> <ul style="list-style-type: none"> • The effect of increased fruit and veg. intake on epigenetic and transcriptomic endpoints • Effect of vitamin D3 supplementation on insulin resistance and cardiovascular risk factors, cardiovascular disease and type 2 diabetes. • Accumulated brisk walking and cardiovascular risk in an 'at risk' population <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>	
<p>Irish Sports Council</p>	<p>Irish Sports Monitor</p>	<p>Key Findings</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>	
safefood	<p>Recently launched projects</p> <p>Completed projects which will be launched soon</p> <p>Safefood 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>	safefood
Dept. of Epi & Public Health, UCC	Cork Children's Lifestyle Study (CCLaS)	<p>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 snack and sugar-sweet beverage consumption is being gathered and analysed at the</p>	http://bit.ly/UOkmGt

	<p>The Food Choice at Work Study</p> <p>Systematic Review</p>	<p>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 ($p=0.6$). There was a slight decrease in obesity prevalence over the period ($p=0.01$), with a similar though non-significant decline in the prevalence of morbid obesity ($p=0.2$). These findings provide some optimism though this current plateau is at an unacceptable high level.</p>	<p>http://bit.ly/1B7zHgm</p> <p>http://bit.ly/1tG7zqB</p>
Department of Health	Healthy Eating Guidelines Review	At DOH request, the Health Research board have carried out a review of the Healthy Eating Guidelines	
OTHER			
Safefood	RTE Operation Transformation	<p>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%.</p>	

Department of Health	EU Joint Action on Nutrition & Physical Activity	DOH collaborating partner with IPH (lead role) and safefood 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>	