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**Minutes of the twelfth meeting of the All-island Obesity Action Forum, held on  
Tuesday 17<sup>th</sup> June 2014 at the Stormont Hotel, Belfast**

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**Present**

Dr Cliodhna Foley Nolan	<b>safefood</b> (chair)
Ms Sharon Gilmore	Food Standards Agency, NI
Ms Claire Holmes	British Dietetic Association NI
Ms Richelle Flanagan	Irish Nutrition and Dietetic Association
Dr Nazih Eldin	Health Service Executive
Ms Niamh McDaid	Cancer Focus Northern Ireland
Dr Tracy Owen	Public Health Agency
Ms Janis Morrissey	Irish Heart Foundation
Dr Paul Donnelly	Sport Northern Ireland
Prof Marie Murphy	University of Ulster
Ms Maureen McCartney	Department of Health, Social Services and Public Safety
Dr Mary Flynn	Food Safety Authority of Ireland
Dr Celine Murrin	Association for the Study of Obesity in Ireland
Ms Una May	Irish Sports Council

**In Attendance**

Dr Marian Faughnan	<b>safefood</b>
Ms Laura Keaver	<b>safefood</b> , Minute Secretary

**Apologies**

Mr Kevin O'Hagan	Irish Cancer Society
Ms Mary Black	Public Health Agency
Dr Janas Harrington	HRB Centre for Health and Diet Research
Dr Muireann Cullen	Nutrition and Health Foundation
Ms Maria Jennings	Food Standards Agency Northern Ireland
Ms. Sinead Hanley	Diabetes Federation of Ireland
Ms. Ursula O'Dwyer	Department of Health

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**1. Welcome**

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

**2. Roundtable introductions**

Members introduced themselves.

**3. Minutes of meeting 19 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.

#### **4. Policy Update**

DHSSPS (NI)

A number of initiatives were highlighted;

- The Public Health Strategic Framework will be launched in coming months. This is a ten year public health protection and improvement strategy. This is cross-sectoral and cross-governmental and contains three themes: food; space & place and social inclusion.
- The Department of Regional Development has developed a cycling unit. This focusses on activity incorporating active travel.

Department of Health, Republic of Ireland (ROI) - Ms Ursula O' Dwyer was absent and so present members updated on areas they were aware of.

- Review of the policy on obesity has started and actions will be prioritised.
- Under 5 year old nutrition guidelines are planned
- EU high level group on obesity and early childhood prevention or management have launched the EU action plan for childhood obesity 2014-2020.

#### **5. 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.

##### **British Dietetic Association NI**

- Organised an event in Stormont last week showcasing the work of dietitians and raising awareness of the profession for 'Trust a Dietitian' week.

##### **Cancer Focus NI**

- Currently have three vans out on the road to target a wide range of people for health checks.
- Have been involved with raising awareness of physical activity and nutrition in 300 schools this year.

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

- Information days were organised as part of Nourish Ireland week (in association with the BDA)
- The organisation has been rebranded and has a five year strategy.
- Currently hiring a full time CEO
- Dietitian registration board will open in October.

### ***Irish Heart Foundation***

- Seminar to be held on Monday 23<sup>rd</sup> June focusing on a 20% tax on sugary sweetened drinks to help prevent childhood obesity.
- Annual heart month is in September and will focus on alcohol this year.

### **Food Standards Agency NI**

- Have commissioned research looking at the ratio of promotions on healthy versus unhealthy foods.
- Have looked at shopping habits in NI and have found that people now tend to do 1 weekly shop which is topped up with several smaller shops during the week.
- Looking to develop an advisory leaflet for sandwich producers – highlighting healthier options they can provide.

### **Food Safety Authority of Ireland**

- An online calculator (MenuCal) and guide for caterers to put calories on their menus was launched on the 9<sup>th</sup> March.
- Next step is the engagement and encouragement of food businesses in Ireland.
- Research on the cost of a healthy food basket has shown that there has been an improvement in the cost of healthy eating since the last survey in 2009.

### **Association for the Study of Obesity in Ireland**

- Recent conference highlighted that stigma and obesity is an issue and that there is a lack of training around stigma.

### **Public Health Agency**

- Continue to lead 'Fitter Futures for All'. The plan for 2014/2015 has condensed the previous 70 points.
- Tendering for the development of community childhood weight management services. Adaption of CAWT in primary school children as there is a necessity to intervene at a younger age.
- Twenty businesses signed up to 'pound for pound' initiative to help their employees lose weight with one pound being donated to charity for every pound of weight lost.

### **University of Ulster**

- Student Sport Ireland project is currently looking at sports participation of 3<sup>rd</sup> level students on the island of Ireland.
- CARDI sponsored research is looking at physical activity in older adults.
- Physical activity report card for Ireland was recently released. This will be repeated in 2016.
- HSE national framework for exercise referral is being developed.

### **Sport NI**

- 450 schools involved in the Active8 programme with Sport NI. There are different programs under this umbrella including active8 60x60 which encourages activity for 60mins/day for 60 days as well as active8 adventure initiative which gives participants the chance to participate in outdoor activity.
- Active communities: 250,000 have participated since 2010 and the initiative was awarded 'Intervention of the Year' last year.

- Active awards for sport: this is a fund where groups can apply for up to 10,000 pounds to support a physical activity initiative. There have been 300 applicants so far and there is a lower SES focus.
- Robust surveillance system (SAPAS) will measure physical activity in Ireland using surveys during the timeframe 2014-2016. Baseline was conducted in 2010.

### **Irish Sports Council**

- As part of the National Physical Activity Plan working with HSE on Get Ireland Walking and partnering with organisations such as mountaineering Ireland and the GAA.
- Working on Annual Report of Community Sports Partnerships and the preliminary figures are promising:
  - 5,500 have taken part in the Buntas program.
  - >256,000 locally delivered programs.
  - 20,000 females have participated in women in sport program.

### **Safefood**

- Next phase of the childhood obesity campaign will launch in early October and focus on treats in the home.
- Following request to five major retailers in ROI by **safefood** in February Tesco Ireland have agreed to remove treat foods and sweets from the tills in their supermarkets.

### **Health Service Executive**

- The main focus for the rest of this year will be on childhood obesity (establishing growth monitoring of 7,200 children in 4 areas in Sept/Oct) and clinical care pathways algorithms.
- Currently working with the Irish Sports Council, Irish Heart Foundation and the community games in relation to the physical activity aspect of child behaviours.
- National physical activity plan has been drafted and there will be a consultation in two months.
- Before, during and after pregnancy algorithms are almost complete. Obesity in men will be final in series
- Obesity work now part of Health & Wellbeing Division.

## **6. Topic for Discussion**

- Where are we with regard to maternal obesity?

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

- Necessary to focus on positive messages and dispel myths of being active during pregnancy. There is an uncertainty of risk by the Health Care Professional – training needs to be provided for these and engaging social media in a positive way could be very beneficial also.
- Physical activity message is easy to promote e.g. promote avoiding a decline in PA during pregnancy – nothing new has to be learned to taken up. The current ethos is to 'take it easy'. PA is not dangerous when aiming for 30 minutes a day – very achievable.
- New research has also shown that PA declines in new fathers – maybe these are a group who are being forgotten in terms of support.
- Currently there are no resources on PA to give to expectant mothers and new parents.

- Compliance during ante-natal care is high however sustainability after is more difficult. There is very little support post pregnancy.
- It was pointed out that the important information for pregnancy is the same for all women i.e. need to take folic acid, perhaps by focussing on certain social classes etc. we are marginalising some women and hindering the process. One idea was that introducing free vitamins for pregnant women and babies may be beneficial.

## **7. Next Forum Workshop**

The next forum workshop will be held on the 11<sup>th</sup> November in Dublin.

## **8. AOB**

As there was no further business the meeting concluded at 3.00pm.

## Member Updates:

Organisation Name	Ongoing Campaigns		
<b>BDA NI Board</b>	Obesity Management	<p>'Dietitians' Week' takes place from 9 – 13th June 2014. On the 10<sup>th</sup> June, the BDA NI Board are organising an event at Stormont to promote the profession and inform MLAs about the wide range of work undertaken by Dietitians in NI – including their role in the prevention and treatment of obesity.</p> <p>Local training for Dietitians in NI who wish to work in a freelance capacity is being planned for September. Freelance dietitians are uncommon in NI and it is hoped that this will broaden the scope of dietitians and make the profession more accessible.</p> <p>Input to the Chuck the Junk campaign has been progressing with liaison with FSANI regarding workplaces and raising of this issue with MLAs.</p>	<p>Nicola Morris, BDA Policy Officer  <a href="mailto:n.morris@bda.uk.com">n.morris@bda.uk.com</a></p> <p>Claire Holmes, BDA NI Board member  <a href="mailto:Claire.holmes@westerntrust.hscni.net">Claire.holmes@westerntrust.hscni.net</a></p>
<b>Food Standards Agency NI</b>	Front of Pack Labelling System	<p>In recent years, the FSA in NI have been working closely with the food industry to explore ways in which the consumer can be supported to make healthier food choices. Following a consultation in 2012, agreement has been reached with representatives of the food industry across the UK on a consistent form of front of pack labelling scheme which will enable consumers to make more informed food choices when shopping. They believe this will enhance the reputation of participating food businesses and will make an important contribution towards tackling public health issues such as obesity and poor diet. To launch this exciting development, on Wednesday 19th June, the FSA in NI brought together politicians, department officials, the food industry, consumer representatives and health sector organisations to unveil the new labelling structure and promote its use across industry. FSA in NI officials are raising awareness of the new label with industry targeted presentations and to enforcement officers. A number of manufacturers are committed to introducing this voluntary scheme as they phase in mandatory labelling changes for December 14.</p>	
<b>DHSSPS</b>	<p>Fit and Well Strategy</p> <p>Breastfeeding</p>	<p>The final version of the Public Health Strategic Framework 2013-23 – Making Life Better- was cleared by the Executive on 29 May 2014. It is anticipated this will be launched in the near future.</p>	<p>Public Health Framework CONSULTATION -  <a href="http://www.dhsspsni.gov.uk">http://www.dhsspsni.gov.uk</a></p>

	<p>strategy</p> <p>Active travel</p>	<p>A 10 year breastfeeding strategy which aims to protect, promote and support breastfeeding and provide the best start for children was launched by the Health Minister on 25<sup>th</sup> June 2013.</p> <p>DHSSPS continue to be members of the Active Travel Forum. Active Travel continues to be represented through outcomes within A Fitter Future for All.</p>	<p><a href="http://ov.uk/show_consultations?txtid=57771">ov.uk/show consultations?txtid=57771</a></p> <p>Breastfeeding – A Great Start – <a href="http://www.dhsspsni.gov.uk/breastfeeding-strategy-2013.htm">http://www.dhsspsni.gov.uk/breastfeeding-strategy-2013.htm</a></p> <p>A Fitter Future for All – <a href="http://www.dhsspsni.gov.uk/framework-preventing-addressing-overweight-obesity-ni-2012-2022.pdf">http://www.dhsspsni.gov.uk/framework-preventing-addressing-overweight-obesity-ni-2012-2022.pdf</a></p>
<b>safefood</b>	<p>Childhood Obesity Campaign</p> <p>Stop the Spread</p>	<p><b><i>Let's take on childhood obesity, one small step at a time.</i></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 has been 4 bursts of advertising. The next phase of the campaign in autumn will focus on 'treat foods'. Consumer research will be conducted to evaluate parental reported knowledge, attitude and behaviour in October 2014 following campaign.</p>	<p><a href="http://www.safefood.eu">http://www.safefood.eu</a></p> <p><a href="http://bit.ly/">http://bit.ly/</a></p>

	<p>Weigh2live</p> <p>Little Steps</p>	<p>The "Stop the Spread" campaign ran in 2011 and encouraged people to measure their waist and reflect on their own weight. Campaign resources available online.</p> <p>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>safe food</b> and INDI. It is a key resource in the <a href="#">HSE-ICGP Weight Management Treatment Algorithm</a> for health professionals in ROI. An update of the resource is currently being planned</p> <p>Developed by <b>safe food</b> and the Health Service Executive in collaboration with the Health Promotion Agency, Northern Ireland. The website and promotional materials are available.</p>	<p><a href="#">UikAck</a></p> <p><a href="http://bit.ly/U1yAVY">http://bit.ly/U1yAVY</a></p> <p><a href="http://bit.ly/UO9pog">http://bit.ly/UO9pog</a></p>
<b>Public Health Agency (PHA)</b>	Public information campaign	<p>The Choose to live better campaign was launched on 3 January 2013 and is ongoing. Key objectives for the campaign are to:</p> <ul style="list-style-type: none"> <li>• Encourage individuals to think about their own weight and consider how susceptible they may be to disease if overweight or obese;</li> <li>• Raise awareness of the key health impacts of overweight and obesity;</li> <li>• Raise awareness that even small weight loss can bring health benefits;</li> <li>• Provide simple actionable messages that people can apply immediately to their own lives;</li> <li>• Create a positive approach to making small lifestyle changes.</li> </ul> <p>Campaign media elements include Television, radio, outdoor and press advertising. This is supported by leaflets distributed to health promotion resource units in each of the HSC Trusts, GP surgeries and pharmacies, and inserted into certain magazines. A pdf of the campaign leaflet can be downloaded at the following link:  <a href="http://choosetolivebetter.com/sites/default/files/Obesity%20Leaflet%20Web%20PDF.pdf">http://choosetolivebetter.com/sites/default/files/Obesity%20Leaflet%20Web%20PDF.pdf</a></p> <p>The Choose to live better brand has been used in partnership activities (eg cooking demonstrations) across Northern Ireland to further promote the message of the campaign and raise awareness. An evaluation of the impact of the campaign has been completed. TV advertising was undertaken again during May 2014 and will be followed by outdoor advertising in June 2014. Plans are being finalised for further activity in 2014/15.</p>	<p><a href="http://choosetolivebetter.com">http://choosetolivebetter.com</a></p>
<b>Irish Nutrition &amp; Dietetic Institute (INDI)</b>	Nourish Ireland Week	<p>INDI ran a Nourish Ireland Week w/c 9<sup>th</sup> June in conjunction with the organisations new strategic vision of <i>A future in which all people in Ireland enjoy the life-enhancing benefits of good nutrition, in health and disease</i>. The week includes 2 consumer days of education seminars covering paediatric (weaning, fussy eating, eating disorders, allergies &amp; intolerances) and adult themes (managing type 2 DM, preventing cancer occurrence, allergies &amp; intolerances, healthy aging and sports nutrition), 21 hospital &amp;</p>	<p><a href="http://www.indi.ie">www.indi.ie</a>  <a href="mailto:communications@indi.ie">communications@indi.ie</a></p>



		community centres also held an Ask A Dietitian desk and a Dail Nutrition Workshop is also being held.	
<b>Sport NI</b>	Active8	Activ8 began in 2009 as a social marketing campaign aimed at raising awareness among primary school children of the importance of taking part in at least 60 minutes of physical activity every day and of eating a healthy and balanced diet by promoting the eight Activ8 steps.	<a href="http://bit.ly/UOa9cY">http://bit.ly/UOa9cY</a>
	Active Communities	Active Communities is a Sport NI lottery funded initiative that aims to increase participation in sport and physical recreation in Northern Ireland. Through Active Communities, Sport NI is working in partnership with the 26 district councils within Northern Ireland to help over 100,000 people in NI to get active and stay active.	<a href="http://bit.ly/Wn4Oe3">http://bit.ly/Wn4Oe3</a>
	Awards For Sport	Awards for Sport is a small grants programme aimed at increasing participation in sport and physical activity especially among under-represented groups. The second round of Awards for Sport is due to launch in 2014.	<a href="http://bit.ly/TjW3mA">http://bit.ly/TjW3mA</a>
	Active Clubs	Active Clubs is a new multi-year investment programme developed and administered by Sport Northern Ireland, with funding from the National Lottery Fund. The aim of the Active Clubs Programme is: 'To support and enable accessible and sustainable participation opportunities through sports clubs'. The investment programme seeks to employ a network of Active Clubs Coordinators to work with identified sports clubs in order to assist them with developing new and innovative interventions aimed at increasing their club membership. Post holders will also be responsible for creating the potential for the realisation of a range of opportunities for training, learning, education and capacity building for coaches and volunteers.	<a href="http://www.sportni.net/Funding/Active+Clubs.htm">http://www.sportni.net/Funding/Active+Clubs.htm</a>
<b>Irish Sports Council</b>	<b>Healthy Ireland</b>	ISC are represented on the National Physical Activity Plan and are contributing to the actions relating under this pillar	

Organisation Name	<i>Schools, Workplace, Community initiatives</i>		
<b>Food Standards Agency in NI</b>	Caloriewise	<p>The Food Standards Agency in Northern Ireland ran a six-month Caloriewise pilot from 1 May to 31 October 2012. The scheme was trialled by eight local businesses: The Streat, Sodexo Catering, Botanic Inns, Aramark and Mount Charles Catering and three local health trusts who displayed calorie information on menus for the first time. During this time, calorie information was displayed in one or more outlets of the participating food businesses, following principles for displaying calorie information, as set out by the FSA in Northern Ireland. The independent evaluation report was published in December 2013.</p> <p>Some initial, positive feedback was received at FSA in NI's recent Caloriewise Workshop held at Loughry College. The workshop, chaired by Professor Barbara Livingstone, was hosted in conjunction with the University of Ulster and the Food Safety Authority Ireland (FSAI) and featured presentations from Dr Tracy McCaffrey from the University of Ulster Coleraine, Professor Mary Flynn from FSAI, Amanda Stewart from The Streat and Cathy Adamson and Alison Kildea from Sodexo. Feedback received was incorporated in a practical report written by Dr Tracy McCaffrey which was recently published. FSA in NI is planning to roll out Caloriewise in Northern Ireland later this year.</p>	<b>Food Standard s Agency in NI</b>
	Regional Colleges	FSA in NI has been working with the regional colleges to develop Food and Nutrition support materials designed to stimulate learning and support across vocational level 2 programmes of curriculum. Originally the resources were to be targeted at the level 2 award in healthier food and special diets but now it has been broadened out to be relevant to all level 2 courses with a nutrition component eg Health and Social Care courses, sports courses and beauty courses.	
	Activ8 Eatwell	Activ8 Eatwell has now been successfully rolled out in a three stage programme to all NI primary schools. This is a FSA in NI in partnership with Sports NI programme. The resource has been designed to enable primary school children to lead active and healthy lifestyles by developing their awareness, understanding and appreciation of the relationship between physical activity and healthy eating. Activ8 Eatwell is a complete package of teaching tools linked to the Northern Ireland curriculum. It provides inclusive and connected learning opportunities that assist teachers to plan, teach and assess the relevant statutory requirements of the NI Primary Curriculum within both Personal Development and Mutual Understanding and Physical Education. The Activ8 package consists of three resource manuals for Foundation Stage, Key Stage 1 and Key Stage 2 teachers which facilitates a whole school approach to the promotion of healthy eating and physical activity. Evaluation of Activ8 Eatwell has been very encouraging	<b>Food Standard s Agency in NI in collaborati on with Sport NI</b>
<b>Food Standards Agency in NI in collaboration with Sport NI</b>	Early School		



<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 Fitter Future for All - <a href="http://www.dhsspsni.gov.uk/framework-preventing-addressing-overweight-obesity-ni-2012-2022.pdf">http://www.dhsspsni.gov.uk/framework-preventing-addressing-overweight-obesity-ni-2012-2022.pdf</a>
	Food in Schools Policy	DHSSPS continues to be a member of the Food in Schools Forum and additional special interest groups.	
	Sports Matters	DHSSPS are members of the Sports Matters Monitoring Group and work with Sport NI through implementation of A Fitter Future for All.	Food in Schools DE Website containing the policy and additional information - <a href="http://www.deni.gov.uk/food-in-schools-policy.htm">http://www.deni.gov.uk/food-in-schools-policy.htm</a>  A Fitter Future for

			<p>All - <a href="http://www.dhsspsni.gov.uk/framework-preventing-addressing-overweight-obesity-ni-2012-2022.pdf">http://www.dhsspsni.gov.uk/framework-preventing-addressing-overweight-obesity-ni-2012-2022.pdf</a></p>
<b>safefood</b>	<p><b>EAT RIGHT</b></p> <p>Information hub for Early Childhood Ireland Members</p> <p>What's on a label</p>	<p><b>Safefood</b> and the Food Standards Agency in Northern Ireland have launched <a href="http://www.eatright.eu">www.eatright.eu</a>, 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.</p> <p><b>Safefood</b> is working in partnership with Early Childhood Ireland on the development of an on-line information hub for pre-school providers in ROI. This hub will contain information on food hygiene, healthy eating and allergies and intolerances.</p> <p><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.</p>	<p><a href="http://www.eatright.eu">www.eatright.eu</a></p>
<b>Cancer Focus NI</b>	<p>Keeping Well mobile service</p> <p>Schools Health Education Package (SHEP)</p>	<p>Currently there are 3 vans on the road all across NI. In community and workplace settings delivering health checks and cancer prevention messages.</p> <p>This year 298 primary schools signed up which is our biggest yet. Very popular programmes which include simple messages of healthy eating and physical activity in a fun and interactive way.</p> <p>Branched into nursery schools also with a new programme Bernard the bear delivering</p>	<p><b>Maresa McGettigan</b>, Cancer Focus NI <a href="mailto:maresamcgettigan@cancerfocusni.org">maresamcgettigan@cancerfocusni.org</a></p>

		<p>healthy eating and care in the sun messages. We are starting to deliver key cancer prevention messages within secondary schools also starting with Deal Cool (smoking prevention).</p>	<p><a href="http://usni.org">usni.org</a></p> <p><b>Niamh McDaid</b>, Cancer Focus NI <a href="mailto:niamhmcdaid@cancerfocusni.org">niamhmcdaid@cancerfocusni.org</a></p>
<b>Public Health Agency (PHA)</b>	<p>Healthy lunchbox</p> <p>Healthy Breaks scheme</p> <p>Active Travel for Schools</p> <p>Cook It!</p>	<p>The healthy lunchbox resource was distributed to parents of all new Primary 1 pupils in Northern Ireland in Sept 2013 and will be repeated in 2014.</p> <p>A new regional healthy breaks scheme has been developed and rolled out to all nursery and primary schools across Northern Ireland. Evaluation will be undertaken in 2014/15.</p> <p>In partnership with the Department for Regional Development (DRD) the PHA is joint funding the Active Travel for Schools Programme. This aims to promote and increase cycling and walking to school. The programme will target 60 schools in NI per year for the next 3 years (from September 2013) and is being delivered by Sustrans.</p> <p>The Cook It! community nutrition education programme has been rolled out across Northern Ireland and modules suitable for use with BME groups and those with a learning disability have now been developed. These will be tested and rolled out in 2014/15.</p>	<b>Public Health Agency (PHA)</b>
<b>Irish Sports Council</b>	<b>Get Ireland Walking</b>	<p>The Irish Sports Council and the Health Service Executive (HSE) in partnership with Mountaineering Ireland have launched a new and innovative national walking initiative - Get Ireland Walking. The Get Ireland Walking Initiative seeks to support the vision and objectives of Healthy Ireland – A Framework for Improving Health and Wellbeing 2013 – 2025 “where everyone can enjoy physical and mental health and wellbeing to their full potential, where wellbeing is valued and supported at every level of society and is everyone’s responsibility”. This Initiative has been developed in recognition of the positive contribution that walking can make to people’s physical and mental wellbeing. Walking is one of the most accessible forms of physical activity, with no cost and freely available. Walking offers an opportunity for people who are inactive or have low levels of physical activity to get active. While over 60% of adults in Ireland are walking</p>	

		weekly, only 10% of existing walkers are currently meeting the National Physical Activity Guidelines.	
<b>Organisation Name</b>	<b><i>Food Poverty</i></b>		
<b>safefood</b>	Community Food Initiatives	The Demonstration Programme 2010-12 finished in December 2012. It has been independently evaluated and the findings were disseminated in March 2013. In early April 2013, <b>safefood</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>safefood</b> and managed by Healthy Food for All	<a href="http://bit.ly/SXMGFN">http://bit.ly/SXMGFN</a>
	101+ Square Meals Recipe Book	This recipe book was originally developed by Money Advise and Budgeting Service (MABS) and HSE in ROI in 1998. It was last updated in 2009. <b>Safefood</b> have worked in collaboration with PHA to adapt the book for use in NI and a currently developing plans with MABS and HSE to update the book in ROI for 2014	
	Food Poverty Network	<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.  The all island food poverty network are conducting a workshop on 24 <sup>th</sup> June 2014 which will review the success of the food poverty indicator (10% population report being on food poverty) and discuss the forthcoming 'Food Basket' research.	
<b>Food Standards Agency in NI</b>	Food Poverty Network	The Food Poverty Network continues to meet. The Network has developed a draft Action Plan for the purposes of providing a check list of activities and signposting members' future direction in arriving at a co-ordinated approach to eliminating food poverty. Actions have been categorised around the main themes of policy, advocacy, awareness, media, and co-ordination; a proposal for future quantitative consumer research on food poverty to maintain currency of the issue; inform debate and build political and popular support for tackling food poverty The entries will be prioritised and allocated to Network members to identify work that is either currently underway or planned within their respective remits/ organisations. The Network has been successful in securing the inclusion of the EU Statistics on Income and Living Conditions' food deprivation measures in the 2013-14 Health Survey for Northern Ireland.  FSA in NI colleagues made food donations and volunteered for FareShare's Million Meals campaigns in three NI Sainsbury's stores on the 6 and 7 October. Our local Sainsbury's stores raised the equivalent of 18,000 meals in Northern Ireland. The combined efforts	<b>Food Standard s Agency in NI</b>

		<p>of all volunteers across the UK helped raise the equivalent of 2 million meals (double FareShare's original target).</p> <p>FSA in NI is interested to investigate food poverty within the parameters of 'poverty' and use an iterative approach to determine how poverty plays out in food poverty. We are commissioning an evidence review into what other people have done (a scoping study) to build on Fact or Fiction and others' work and see how it fits into poverty generally; sense-checking it in NI to arrive at a gap analysis via a comprehensive overview and commission associated qualitative / quantitative consumer research to fill any identified gaps.</p> <p>FSA in NI is working with Safefood and the General Consumer Council for Northern Ireland to commission Food Basket Research for Northern Ireland, which will be comparable to research already carried out in the Republic of Ireland, to identify what the minimum cost necessary to have a healthy diet is.</p>	
<b>DHSSPS</b>		<p>DHSSPS continues to be members of the All-Island Food Poverty Network. A Food poverty outcome exists within A Fitter Future for All and the Department is currently discussing taking forward recommendations from Safefood's report: Examining Nutrition Surveillance on the Island of Ireland (2012)</p>	<p>A Fitter Future for All - <a href="http://www.dhsspsni.gov.uk/framework-preventing-addressing-overweight-obesity-ni-2012-2022.pdf">http://www.dhsspsni.gov.uk/framework-preventing-addressing-overweight-obesity-ni-2012-2022.pdf</a></p> <p>Safefood – Examining Nutrition Surveillance on the Island of Ireland - <a href="http://www.dhsspsni.gov.uk/framework-preventing-addressing-overweight-obesity-ni-2012-2022.pdf">http://www</a></p>



			<a href="http://w.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Publications/Research%20Reports/Final-Nutrition-Surveillance-Report-report-Oct2012-(2).pdf">w.safefood.eu/SafeFood/media/SafeFoodLibrary/Documents/Publications/Research%20Reports/Final-Nutrition-Surveillance-Report-report-Oct2012-(2).pdf</a>
<b>Organisation Name</b>	<b>Health Services</b>		
<b>BDA NI Board</b>	Dietitians in Public Health Leaflet update	Consideration of alternative format eg DVD, video clip on BDA NI website, that might be a more informative way of illustrating roles of public health dietitians etc.	Nicola Morris, BDA Policy Officer <a href="mailto:n.morris@bda.uk.com">n.morris@bda.uk.com</a>
<b>DHSSPS</b>		The Public Health Agency is ensuring that priority is being given, within Commissioning Plan, to weight management in very obese pregnant women. This also features through outcomes from A Fitter Future for All.	A Fitter Future for All - <a href="http://www.dhsspsni.gov.uk/framework-preventing-addressin">http://www.dhsspsni.gov.uk/framework-preventing-addressin</a>

			<a href="#">g-overweight-obesity-ni-2012-2022.pdf</a>
<b>Public Health Agency (PHA)</b>	Weigh to a Healthy Pregnancy	A pilot programme commenced in May 2013 to offer an intervention to all pregnant women with a BMI of 40 or above at booking, as part of her maternity care plan. The intervention model has been developed in collaboration with the COE for Public Health and is based on best available evidence. It is being delivered across all five Trusts over a two year period, incorporates both nutrition and physical activity elements and will be fully evaluated.	<b>Public Health Agency (PHA)</b>
<b>Organisation Name</b>	<b>Research and Evidence Based Activities</b>		
<b>HRB Centre for Health and Diet Research</b>	Cork Children's Lifestyle Study (CCLaS)	<p><b>Title:</b> Association between overweight/obesity and the use of allied health services in the older population  <b>Authors:</b> S. M. Mc Hugh, C O'Neill, J. Browne, P. M. Kearney</p> <p>Using data from the first wave of The Irish Longitudinal Study on Ageing (TILDA), we are examining the association between BMI and the use of allied health services. As part of TILDA, objective measures of height and weight were collected during a detailed health assessment and were used to classify BMI according to WHO guidelines. In addition to GP and hospital services, we are examining the effect of overweight and obesity on the use of dietetic, physiotherapy, chiropody and home help services. Given the detailed personal and health information collected as part of TILDA, we are able to take other factors such as age and chronic disease status into consideration during our analysis. The estimates of health service use will be used to calculate the cost of overweight and obesity-related allied health services among the older population.</p> <p><b>The Cork Children's Lifestyle Study (CCLaS)</b> 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. A secondary aim of the study is to determine the average salt intake and distribution of blood pressure in Irish children. Data was collected between April 2012 and June 2013 and includes physical measurement (height, weight, waist circumference, skinfold thickness, blood pressure), early morning spot and 24 hour urine samples, a 3-day estimated food</p>	<a href="mailto:s.mchugh@ucc.ie">s.mchugh@ucc.ie</a>

	Growing Up In Ireland (GUI) Study: Secondary data analysis	<p>diary and 7 day accelerometry. Questionnaire data (principal reported, parent/guardian reported, child reported) collected information on diet, physical activity and lifestyle behaviours.</p> <p>Current stage: Data analysis is underway. Preliminary findings were recently presented at a National Children's Research Centre funded projects research day which took place in UCC. Early findings suggest clear lifestyle differences between normal weight and overweight/obese children, especially in terms of physical activity, screen time, sleep and diet patterns. A study protocol outlining the study methods has been accepted for publication in JMIR research protocols and is due to be published shortly.</p> <p><b>Published paper:</b> Cadogan SL, Keane E, Kearney PM. The effects of individual, family and environmental factors on physical activity levels in children: a cross-sectional study. BMC Pediatrics 2014;14(1):107</p> <p>This study aimed to identify individual, family and environmental factors that determine physical activity levels in a population sample of children in Ireland. Male gender, having an active favourite hobby and membership of a sports or fitness team were significantly associated with being in the high physical activity group. Exceeding two hours total screen time and being overweight or obese were significantly associated with decreased odds of being in the high physical activity group. The paper concluded that individual level factors appeared to predict physical activity levels when considered in the multiple domains (individual, family and environmental factors). Further research is needed to gain a deeper understanding of how family and environmental settings can be successfully used to facilitate greater levels of physical activity.</p>	
<b>Food Standards Agency in NI</b>	NI-specific Dietary Health Data	FSA in NI is commissioning Kantar WorldPanel to analyse NI Household Purchasing Panel data (n=650 households representative of the NI population) for A Fitter Future for All "marker" foods (fruit and vegetables; sugary, fizzy drinks and squashes; confectionery; chips and other fried foods; meat products - including sausages, burgers, meat/chicken pies) identified in targeting products for reformulation and engaging with retailers re: promotional efforts. Kantar tracks the household purchases of 100,000+ products annually. It will be possible to align such purchase data with nutritional labelling to understand what nutrients consumers are buying (and track the macronutrients of public health interest: fat, salt and sugar) and link nutrients back to the original foods consumed.	<b>Food Standards Agency in NI</b>

<b>University of Ulster</b>	Report card on physical activity	<p><b>The Report Card on Physical Activity</b> format has been used in Canada for 9 years (see (<a href="http://www.activehealthykids.ca">www.activehealthykids.ca</a>) and is an annual 'state of the nation' report which is an excellent model of knowledge exchange that has had the required impact in Canada. Similar formats have been used in Mexico, South Africa, Kenya and the state of Louisiana (USA).</p> <p>Dr Harrington led Ireland's work and convened 11 other researchers involved in children's PA and health to form the Research Work Group (RWG) that first met in May 2013. The <b>Report Card on Physical Activity in Children and Youth</b> is a means of collating all data related to children's physical activity levels in a particular country and 'grading' the evidence using a grading system just like a school report card i.e. A to F or inconclusive/incomplete if there are not enough data available yet.</p> <p>The overall objective of this work is to create and release the inaugural <b>Ireland's Report Card on Physical Activity for Children and Youth</b>, a document that aims to provoke change in funding, priorities and practices within Ireland and have children's physical activity elevated on the political agenda. There are a number of sub-objectives that we will focus on in order to reach the overall objective mentioned above. The work undertaken between August 2013 and May 2014 will:</p> <ol style="list-style-type: none"> <li>(1) Gather and synthesise all data from Ireland on the current physical activity landscape of Irish children under the following 10 headings listed in Table 5.</li> <li>(2) Grade the data using an internationally used set of grades in Table 4 (by the RWG and in consultation with key stakeholders).</li> <li>(3) Release the Report Card at the <i>Active Healthy Kids Canada</i> 2014 Global Summit on the Physical Activity of Children in Toronto, Canada.</li> <li>(4) Release the Report Card in Ireland and target those who are involved in the programming and planning of children's physical activity in Ireland.</li> <li>(5) Contribute the data to a global matrix of grades alongside 15 other countries.</li> </ol> <p>Ensure the future sustainability of the Report Card format in Ireland by forming a small group of committed individuals and organisations and identifying potential sources of future funding</p>	Prof Marie Murphy
<b>Public Health Agency (PHA)</b>	Review of physical activity referral schemes          Gestational diabetes project	A review has been undertaken to inform development of more uniform and equitable approach to commissioning and provision of these services across NI. The recommendations are now being taken forward and include the delivery of all commissioned programmes to national standards and the development of a standardised monitoring tool. Local and regional workshops with providers have taken place and a draft regional service model has been developed. Additional investment has been made to support training for providers and to develop physical activity referral programmes in areas where geographical gaps have been identified.	<b>Public Health Agency (PHA)</b>

		A pilot project has been developed in collaboration with the Belfast and Southern Trusts to offer a postnatal intervention programme to women diagnosed with gestational diabetes during pregnancy. Many of these women are overweight or obese and are at risk of developing diabetes following subsequent pregnancies. The pilot includes a control group of patients.	
<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</p> <p>Extension of the Nutrition Takeout series to include Indian food and wrap style sandwiches</p> <p>Iodine status: is there a public health issue on the Island of Ireland</p>	
<b>Irish Nutrition &amp; Dietetic Institute (INDI)</b>	<p>Research Directory</p> <p>Nutrition Care Process &amp; Model</p>	<p>The INDI Research Interest Group is working with safefood to provide a searchable database of nutrition research done by INDI members on the safefood Dietetic Directory.</p> <p>The Nutrition Care Process and Model (NCPM) is a systematic, problem-solving method that nutrition/dietetics professionals use to provide a framework for critical thinking and decision making in dietetic practice. It is an approach which describes how best-practice nutrition and dietetic care is provided and is designed for use with patients/clients, groups and communities of all ages and conditions of health and disease. Recognising that many health professional groups were successfully using a systematic care process, the NCPM was developed by the American Academy of Nutrition and Dietetics for use by dietitians in 2003. The NCPM is also used in Canada and Australia and has now been adopted by EFAD for use across Europe. As part of the INDI's 2014-2018 strategic plan to improve the Nation's Health, the INDI is beginning the process of integrating the model into every day nutrition/dietetic practice.</p>	<b>president @indi.ie</b>

	Practice evidenced based nutrition (PEN)	<p>Use of the NCPM will:</p> <ul style="list-style-type: none"> <li>• Provide effective, evidence-based care for patients/clients/groups/communities</li> <li>• Document the impact of nutrition interventions</li> <li>• Demonstrate fitness to practice within dietetics</li> <li>• Enhance the role and contribution of the dietitian amongst colleagues in all professional settings</li> </ul> <p>The INDI has licenced access to PEN for its members. PEN: Practice-based Evidence in Nutrition is a dynamic knowledge translation subscription service developed by Dietitians of Canada with input from thought leaders in dietetic practice, knowledge translation and technology. Topics in PEN address the broad spectrum of practice in nutrition and dietetics including institutional care, primary health care, public/community health, consulting/private practice, food service management, professional education, food and the pharmaceutical industry and government. Recognized authorities on each topic or Knowledge Pathway addressed in PEN contribute to the identification of relevant literature from filtered and original sources and critically appraise, grade and synthesize that literature into key practice points or answers to practice questions.</p>	
<b>Association for the Study of Obesity on the Island of Ireland</b>	Annual Conference	<p>On May 7<sup>th</sup> 2014 the Association held their 3<sup>rd</sup> annual conference in University of Ulster, Belfast on Stigma and Obesity. It was a very informative meeting with international speakers covering a range of topics including the development of anti-fat attitudes in society; how we communicate about obesity; addressing stigma and bias in the health care setting; and a very honest perspective from a patient who has experienced obesity-related stigma. The presentations will soon be available as podcasts on the Association's website.</p>	<a href="http://bit.ly/1oSbTou">http://bit.ly/1oSbTou</a>
<b>Irish Sports Council</b>	<b>2013 SPEAK Report</b>	<p>The ISC is in the process of collating figures from the 2013 SPEAK report for the Local Sports Partnership network. Indicative figures to date are:</p> <ul style="list-style-type: none"> <li>• 5,515 children in 57 primary schools received the Buntús Generic programme</li> <li>• 1,113 pre-school children in 128 childcare centres received the Buntús Start programme</li> <li>• 5,889 participants completed 404 Code of Ethics Basic Awareness courses</li> <li>• 616 participants completed 52 Club Children's Officer Courses</li> <li>• 256,614 people participated in 788 locally delivered participation programmes</li> <li>• 175 of these 788 programmes were started in 2013 leading to 38,987 people participating</li> <li>• An additional 20,032 female participants took part in 116 local Women in Sport</li> </ul>	

		<p>programmes</p> <ul style="list-style-type: none"> <li>36 of these Women in Sport programmes were started in 2013 leading to 2,424 people participating</li> </ul>	
<b>Organisation Name</b>	<b>Other</b>		
<b>Public Health Agency</b>	Implementation of 'A Fitter for All'	The PHA continues to lead the implementation of 'A Fitter Future for All' on behalf of the DHSSPS. This is undertaken through a multiagency implementation group and the development of an annual action plan which reflects the priorities identified by the group.	
<b>Irish Nutrition &amp; Dietetic Institute (INDI)</b>	<p>Dietitians Registration Board</p> <p>New Structure &amp; New CEO</p>	<p>The Dietitians Registration Board (DRB) under CORU had the consultation on the Code of Ethics and Conduct. The DRB will open on 31 October. CORU is Ireland's multi-profession health regulator. Their role is to protect the public by promoting high standards of professional conduct, education, training and competence through statutory registration of health and social care professionals. There will be 12 professions registered under CORU. The titles of Dietitian and Dietician will be protected under the DRB.</p> <p>The INDI passed a new structure in March to allow for good governance and facilitate the organisation to meet its strategic objectives over the next 5 years. The new board includes The interim board has 4 new directors of whom two are members including Chairperson Dr Declan Byrne MB MSc BSc MA FRCPI, MINDI, Consultant Physician in General and Geriatric Medicine at St. James's Hospital, Helen Shortt, Chief Operations Officer, Beaumont Hospital, Honorary Member INDI, Padraig McKeon, Independent Business &amp; Communications Advisor and Company Secretary Brian O'Neill, Chartered Accountant, Commercial Re-structuring &amp; Mediation Specialist.</p> <p>The INDI is currently looking to recruit a new full time CEO to help the organisation continue to meet its strategic objectives.</p>	<p><a href="http://www.coru.ie">www.coru.ie</a></p> <p><a href="http://www.indi.ie">www.indi.ie</a></p>
<b>Sport NI</b>	Sport and Physical Activity Survey (SAPAS)	SAPAS 2010 provides a complete and very detailed picture of adults' physical activity levels across four life domains including home, work, getting about, and sport and recreation. The research results will inform policies aimed at increasing the proportion of the population in NI who exercise regularly through sport and physical activity and policies for general health improvement, including the management of overweight and obesity, and understanding smoking behaviour and alcohol consumption. It is anticipated that SAPAS will be repeated over the 2014 -16	<a href="http://bit.ly/QzaAwu">http://bit.ly/QzaAwu</a>

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