
**Minutes of the eleventh meeting of the All-island Obesity Action Forum, held on
Tuesday 19 November 2013 at the Gibson Hotel, Dublin**

Present

Mr Martin Higgins	safefood (chair)
Ms Sharon Gilmore	Food Standards Agency, NI
Ms Ursula O' Dwyer	Department of Health
Ms Claire Holmes	British Dietetic Association NI
Ms Richelle Flanagan	Irish Nutrition and Dietetic Association
Dr Janas Harrington	University College Cork
Mr Kevin O'Hagan	Irish Cancer Society
Ms Maureen Mulvihill	Irish Heart Foundation
Dr Nazih Eldin	Health Service Executive
Ms Emma-Jane Clarke	Irish Sports Council
Ms Niamh McDaid	Cancer Focus Northern Ireland

In Attendance

Dr Marian Faughnan	safefood
Dr Cliodhna Foley-Nolan	safefood
Dr Aileen McGloin	safefood
Ms Laura Keaver	safefood , Minute Secretary

Apologies

Dr Tracy Owen	Public Health Agency
Michael Bell	Northern Ireland Food and Drinks Association
John Treacy	Irish Sports Council
Ian McClure	Department of Health, Social Services and Public Safety
Maureen McCartney	Department of Health, Social Services and Public Safety
Claire Wright	Department of Health, Social Services and Public Safety
Muireann Cullen	Nutrition and Health Foundation
Tony Gaynor	Department of Education and Skills
Dr Mary Flynn	Food Safety Authority of Ireland

1. Welcome

Mr Martin Higgins welcomed members to the eleventh Forum meeting. Apologies were noted.

2. Roundtable introductions

Members introduced themselves.

3. Minutes of meeting 25 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) – read out by Martin Higgins (Chair of the meeting)

A number of initiatives were highlighted;

- The draft Public Health strategic framework "Fit and Well – Changing Lives," issued for consultation last year is the new 10 year Public Health Strategy in NI (to replace the Investing for Health Strategy) and will be launched late 2013.
- 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 25th June 2013.
- Office of the First and Deputy Minister announced a £1.6m investment over 3 years to provide space and play provision for children to support increased physical activity.
- In partnership with the Department of Education, the DHSSPS sought Executive approval for a 'Food in Schools' policy to ensure high nutritional standards of food and beverages in all schools. This was launched in September 2013.
- DHSSPS continues to work in partnership with the Department of Culture, Arts and Leisure towards the delivery of their 'Sports Matters' Strategy to increase participation in sport and physical recreation.
- In January 2013, the Department of Regional Development launched its 'Active Travel' Strategy – Building an Active Travel Future for Northern Ireland. The Department and Public Health Agency support this policy which aims to increase and promote walking and cycling. Its current Action Plan for 2013/14 was released in August 2013.

Department of Health, Republic of Ireland (ROI) - Ms Ursula O' Dwyer

This year has been very busy due to the EU presidency in the first 6 months of the year. A number of initiatives were highlighted:

- Health and Wellbeing Framework: council currently being established. A physical activity plan has been outlined and will be taken forward.
- Focus on childhood obesity: (i) partnered with **safe food** on childhood obesity campaign; (ii) proposal to EU to come up with childhood obesity strategy by high level group – have draft action plan (to be discussed 25/11/13). Deadline for completion is end of 2013.
- SAGO are looking at top shelf foods and ways to reduce access and availability. Working group is chaired by CFN. Presented minister with report at meeting in October.
 - o EU level involvement needed on taxing of SSB and water (currently water carried same VAT as SSB), ideally would like to reduce or remove this on water.
 - o Looking for 20% tax on SSB in next budget, will continue to lobby for this, consensus among present organisations would aid this process.

Action Point 1: LK to circulate Rayner paper on 20% tax on SSB

- o Calories on menus: waiting on FSAI report; working on a new tool to aid in the calculation of calories on menus – to be completed next year. 80% of specifically targeted food chains took up the calorie displaying initiative.
- 2014 SAGO business plan:
 - o SAGO report on obesity

- Very little information currently available on portion size for under five year olds- need to clarify this – work co-ordinated by DOH to start in January with a six month timeframe.
- Nutrition policy on agenda for 2014 – due December. MH queried if there was anything that present members could do re policy. UO'D noted that a number of groups may be involved in the consultation on same.

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.

safefood

- Three year childhood obesity campaign in association with Healthy Ireland (ROI) and Choose to Live Better (NI) was launched on the 21st October. This campaign focusses on six messages: reducing portion size; managing treat foods; replacing sugary drinks, increasing physical activity, reducing screen time and increasing sleep. The initial two ads will be rerun for an additional three week period in December. Outdoor advertising will focus on the sugar content of drinks. The campaign has been received very well. MM noted very positive feedback among colleagues with many using the resources produced to support the campaign and NE noted that the health professionals response had been overwhelmingly positive to the resources provided. RF noted that parents are now looking for guidance on age specific portion sizes.

Food Standards Agency NI

- Caloriewise: continuing to work with the FSAI and aiming to have an all-island scheme in place by March and a shared resource. Update was given at workshop.
- Front of Pack Labelling: Looking at consumer campaign for March 2014. Consumer understanding research currently being completed. Working with Change4life to ensure the same message is used across the UK and NI.
- UOD highlighted it is likely that ROI will also go with the colour-coded approach.

Health Service Executive

- Working with **safefood** on childhood obesity campaign.
- Revamped Get Ireland Active and working with Cycle Ireland and Walk Ireland
- Schools: Assisting with vending policy initiative in secondary schools.
- Workplaces: working with Irish Heart Foundation.
- Health Service: Reorganised HSE, new policies have been introduced. Five divisions: acute, primary care, community, health & wellbeing, mental health.
- Waiting for DOH to approve service plan, weight management, obesity, physical activity and smoking included. More coherent workplan than previously.
- Healthy vending policy will be in place in all health service delivery premises. (60:40; healthy:unhealthy).
- Planned calories for all menus – early next year.

- Nutrition Surveillance centre is continuing to be supported – COSI results not available yet.
- Childhood obesity intervention programmes: Triple P, Up4It, Counterweight and w82go will all be supporting and funding has been earmarked for this. W82go will be rolled out in Mayo, Cork, Offaly/Laois and Dublin North with an additional programme in Dublin SW.

Irish Heart Foundation

- Pleased that tax on sugar sweetened beverages will continue to be pushed and have offered support. MM proposed next workshop could debate this tax.
- Heart month: 'fats of life' – well received and demand for material was high. MM to send on statistics on same.

Action point 2: LK to follow up with MM and circulate to forum members

- Workplace: 75 companies to receive healthy eating award on the 20th November.
- Inaugural physical activity awards: in collaboration with the Irish sports council and HSE, 19 organisations to be certified. Focusses on provision of walking routes, PA policies, and exercise classes.
- Farmers: rolling out health checks in marts – will be evaluated by Carlow IT.
- Schools: PA and nutrition have been the focus for the last five years – now looking at catering practices in addition to these. Plan to implement healthy eating awards in schools.

British Dietetic Association NI

- Trust a dietitian campaign is currently being run. This aims to ensure that appropriate dietary information is provided which is not misleading.
- PEN training currently going on in NI, queried if the south would be interested in same?
- MF mentioned that nutrition exchange programme funding could be sought to support bringing north and south dietitians together.

Irish Cancer Society

- National Conference for Cancer Survivors was held in the Aviva stadium in September, 700 attending. Theme: *Living Well with Cancer*, Included a workshop on *Promoting Behavior Change After Cancer*.
- Have renewed efforts to improve information and awareness on the link between obesity and cancer (up to 20% of cancer cases are linked to obesity).
- Trained leaders have begun the roll out of a 15 week walking programme for cancer survivors in 11 affiliated cancer centers.

University College Cork

- Currently working on two main projects
 - Cork Children's Lifestyle Study – now have the dataset and preliminary results indicated that 6% are obese, 9% have high blood pressure and that over half of the children (aged 8-11) consumed 5 grams of dietary salt per day. Hope to hold a ½ day conference in January/February to release some of their findings – waiting on approval from the National Children's Research Centre.
 - Food Choice at Work: has been up and running for three months, protocol has just been published.

Irish Sports Council

- Worked closely with HSE on get Ireland Active.
- Currently piloting programmes on a local level to combat obesity – will roll out nationally if successful.
- Walking: looking at broadening their target groups.
- Operation Transformation: working with OT in relation to nationwide walks and runs.

Cancer Focus NI

- Sure Start: being rolled out this week and focuses on talking to parents and children.
- Quick fit: three new vans which will be conducting health checks and calculating body composition.
- Fit Factor: Schools programme on nutrition and physical activity. Also introducing them to food labels. Over 200 schools in NI have signed up. Hoping that information provided will be brought home and shared there.
- Working with the Food in Schools policy and all programmes will follow these guidelines.

Irish Nutrition and Dietetic Institute

- Developed a new 5 year strategy.
- Rebranded the organization and have a new website.
- PR plan to be developed.
- Nourish children week to be run again in April.
- Working with **safe food** on the dietetic directory: compiling all work done by dietitians on the IOI.
- Malnutrition: working to raise awareness of this issue. Launched 'every patient deserves good nutritional care' alongside EHAN and ERSPEN. RF to forward to LK.

Action Point 3: LK to follow up with RF and circulate among members

- Statutory registration: dietitians to be registered in 2014.

6. Topic for Discussion

- Food Industry: building on initiatives we've heard about today

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

- The public want information in a format they can use
- We need to keep working with the public, aim to empower people
- Nudging food industry could have a big impact
- Manufacturers will produce what retailers want, to date the retail industry had not been targeted
- Some large retailers are starting to take action, consumers need to push for more
- Need to make offering healthy food choices economically appealing to retailers
- Cost-benefit analysis of initiatives to the sector may be a good tool moving forward

Planning

- There is a high density of fast food outlets in this country
- No current legislation that dictates where buildings can go
- Environmental impact assessment should be made a requirement moving forward for all proposed fast food outlets

Collaboration

- Some members expressed a degree of cynicism while others considered that how we behave towards industry is important and that we need to bring them with us
- Engage more proactively with the food producers (sustain in the UK is a good example of this)
- We have alienated certain segments of industry
- Need collaboration also within governmental departments e.g. health, agriculture, foreign affairs and trade are all relevant in this sector.
- Need to get media involved

Discussion ensued on calories on menus:

- A need to get the formula right with larger chains before targeting smaller outlets was highlighted.
- Initially this was introduced as an awareness campaign, this has now developed into a very detailed approach
- A big education piece is still needed around this and it is also important to apply this in the right context (frequent dining versus occasional celebration dining experiences)

7. Next Forum Workshop

The next forum workshop will be held in June in Belfast. It is currently proposed for the week of the 17th June and will focus on pregnancy/maternal and infant health and obesity.

8. AOB

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

Member Updates:

Organisation Name	Ongoing Campaigns		
BDA NI Board	Obesity Management	<p>The British Dietetic Association has launched a campaign entitled "Trust a Dietitian" to promote Dietitians as the 'gold standard' when it comes to nutrition and food professionals. As part of this campaign the first ever 'Dietitians' Week' will take place from 9 – 13th June 2014, promoting Dietitians and their role in the prevention and treatment of diet related illness including obesity.</p> <p>The NI Board are seeking to promote freelance Dietitians in NI - where there is little availability of registered Dietitians outside of the NHS – and the use of the Practice-based Evidence in Nutrition resource (PEN). The possibility of obtaining local training for Dietitians in NI in both these areas is being investigated.</p> <p>The NI Board is supporting the National Obesity Week (NOF UK) in January 2014 and Junk-free Checkouts Campaign launched by DOM UK (Dietitians in Obesity Management) and the Children's Food Campaign.</p>	<p>Nicola Morris, BDA Policy Officer n.morris@bda.uk.com</p> <p>Claire Holmes, BDA NI Board member Claire.holmes@westerntrust.hscni.net</p>
DHSSPS	<p>Fit and Well Strategy</p> <p>Breastfeeding strategy</p> <p>Active travel</p>	<p>The draft Public Health strategic framework "Fit and Well – Changing Lives," issued for consultation last year is the new 10 year Public Health Strategy in NI (to replace the Investing for Health Strategy) and will be launched late 2013.</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 25th June 2013.</p> <p>In January 2013, the Department of Regional Development launched its 'Active Travel' Strategy – Building an Active Travel Future for Northern Ireland. The Department and Public Health Agency support this policy which aims to increase and promote walking and cycling. Its current Action Plan for 2013/14 was released in August 2013.</p>	
Nutrition and Health Foundation (NHF)	NHF seminar 2013	The 6th annual Nutrition and Health Foundation Seminar entitled 'Obesity and Behaviour Change' was held on the 12 th September 2013. Speakers from a wide range of disciplines and expertise presented at the seminar and raised important issues surrounding the obesity epidemic. Robin Schepper, the first Executive Director of Michelle Obama's Let's Move Campaign was the key note speaker at the event. Presentations (where permitted) are available on the website.	http://bit.ly/1gFbbO
Public Health Agency (PHA)	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"> • Encourage individuals to think about their own weight and consider how susceptible they may be to disease if overweight or obese; • Raise awareness of the key health impacts of overweight and obesity; • Raise awareness that even small weight loss can bring health benefits; • Provide simple actionable messages that people can apply immediately to their own lives; • Create a positive approach to making small lifestyle changes. 	http://choosetolivebetter.com

		<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: http://choosetolivebetter.com/sites/default/files/Obesity%20Leaflet%20Web%20PDF.pdf</p> <p>The Choose to live better brand has used in partnership activities (e.g. cooking demonstrations) across Northern Ireland to further promote the message of the campaign and raise awareness. An evaluation of the impact of the campaign is in progress and will inform future development.</p>	
safefood	<p>Childhood Obesity Campaign</p> <p>Stop the Spread</p> <p>Weigh2live</p> <p>Little Steps</p>	<p><i>Let's take on childhood obesity, one small step at a time.</i> 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 will also maintain awareness among parents of the health challenges posed by excess weight in childhood, the negative impact this can have on the quality of life, and the importance of tackling this for the long-term.</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 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</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>	<p>http://www.safefood.eu</p> <p>http://bit.ly/UikAcK</p> <p>http://bit.ly/U1yAVY</p> <p>http://bit.ly/UO9pog</p>
Cancer Focus NI	<p>SureStart</p> <p>Quick Fit</p>	<p>SureStart programme is currently being rolled out. Topics being covered are healthy eating and care in the sun. Resources have been developed to complement the programme. Bernard the bear will be visiting SureStarts along with Cancer Focus Staff member talking to children and their parents about healthy eating and care in the sun.</p> <p>Our Quick Fit programme encourages people within workplace settings to have a healthier lifestyle which includes one-to-one health checks using the body composition scales. This programme has now developed further and has a van on the road where health checks can be done in the van. The van is starting its visits this week covering Belfast and Northern areas. We also have another 2 vans and a car on the road delivering health checks and covering cancer prevention messages to different groups around the rest of Northern Ireland.</p>	

ASOI	Childhood Obesity Campaign	ASOI members participated on the expert group for the Safefood/HSE Childhood Obesity Campaign	
Organisation Name	<i>Schools, Workplace, Community initiatives</i>		
DHSSPS	<p>Increasing space for physical activity</p> <p>Food in Schools Policy</p> <p>Sports Matters</p>	<p>Office of the First and Deputy Minister announced a £1.6m investment over 3 years to provide space and play provision for children to support increased physical activity.</p> <p>In partnership with the Department of Education, the DHSSPS sought Executive approval for a 'Food in Schools' policy to ensure high nutritional standards of food and beverages in all schools. This was launched in September 2013.</p> <p>DHSSPS continues to work in partnership with the Department of Culture, Arts and Leisure towards the delivery of their 'Sports Matters' Strategy to increase participation in sport and physical recreation.</p>	
Nutrition and Health Foundation (NHF)	Planet Munchie	The NHF, Affinity Tech and TCD are collaborating on the development of an interactive game for primary school children on nutrition and physical activity	None available yet as a work in progress
Public Health Agency (PHA)	<p>Healthy lunchbox</p> <p>Healthy Breaks scheme</p> <p>Active Travel for Schools</p> <p>Early Movers Programme</p> <p>Teacher Training</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.</p> <p>A new regional healthy breaks scheme has been developed and is currently being rolled out to nursery and primary schools across Northern Ireland.</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 and is being delivered by Sustrans.</p> <p>The PHA commissioned the British Heart Foundation (BHF) to deliver an Early Movers Training for Trainers programme in September 2013. Training was delivered to 25 individuals who will each be expected to deliver 2 programmes in year.</p> <p>In partnership with the FSA, the PHA is delivering the Diploma in Nutrition and Health for PGCE Home Economics students, which will support them in the delivery of the school curriculum.</p> <p>The Cook It! community nutrition education programme has been rolled out across Northern Ireland</p>	http://www.publichealth.hscni.net/

	Commercial weight loss referral scheme	<p>and a modules suitable for use with BME groups and those with a learning disability have now been developed. These are currently undergoing testing.</p> <p>A pilot initiative to enable primary care staff to refer patients into a commercial weight loss programme ran from October 2012 to July 2013, funded by the NI Health and Social Care Board. Eligibility criteria were used and participants received 12 vouchers to attend a class of their choice with a participating provider. There was an option for a further 12 weeks if attendance and weight loss was demonstrated. The pilot is now being evaluated to inform future commissioning decisions.</p>	
safefood	<p>What's a Healthy Serving Size? A Guide for Pre-Schools</p> <p>Early School Leavers Resource</p> <p>Other educational resources</p>	<p>This guide to serving sizes for preschool children was an output of a research project conducted by HSE Community Dietitians in Mullingar developing an healthy eating incentive scheme. safefood and Early Childhood Ireland disseminated this resource to preschools in ROI as part of the launch of the Childhood Obesity Campaign.</p> <p>Work is continuing in partnership with FSA NI on the development of a learning resource to provide tutors with all the background information and materials necessary to deliver learning around healthy eating and food safety to young people in the early school leavers' category. The resource will be available in early 2014</p> <p>safefood continue to promote the resources it has available for educational settings</p>	http://bit.ly/17oR20d
Cancer Focus NI	Schools Health Education Package	Our Schools Health Education Package has over 200 schools signed up to different parts of the package. Our Smokebusters programme for P6&7 children has over 300 schools signed up alone. Over 17,000 P6&7 pupils.	
ASOI	Preventing childhood obesity	ASOI members led a number of public lectures in primary schools addressing healthy lifestyles	ASOI
Organisation Name	Food Poverty		
safefood	<p>Community Food Initiatives</p> <p>101+ Square Meals Recipe Book</p> <p>Food Poverty Network</p>	<p>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, 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</p> <p>This recipe book was originally developed by MABS and HSE in ROI in 1998. It was last updated in 2009. Safefood 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</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,</p>	http://bit.ly/SXMGFN

		HFFA, DHC, DHSSPS. The last meeting took place in July and focused of food shopping basket research and another meeting is planned for December 2013.	
Organisation Name	<i>Health Services</i>		
BDA NI Board	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 n.morris@bda.uk.com
Public Health Agency (PHA)	Maternal and infant nutrition conference Weigh to a Healthy Pregnancy	The PHA hosted a maternal and infant nutrition conference on 6 November aimed at midwives, health visitors, GPs and other professionals with an interest in this area. 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.	http://www.publichealth.hscni.net/
ASOI	Multi-disciplinary Obesity Management	ASOI members continue to participate in the delivery of obesity treatment interventions at St Colmcilles Hospital and Temple Street Children's University Hospital	www.w82go.ie
Organisation Name	<i>Research and Evidence Based Activities</i>		
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. 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 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><u>Current stage:</u> Preliminary data analysis is underway. Overall, 1,075 children (response rate 65%) from 27 schools (response rate 59%) took part in the study. Children were aged 8-11 years (mean age 9.9, SD 0.65) and 623 (58%) were boys. Over one quarter of children were overweight (20.9%, 95% CI 18.5%-23.3%) or obese (6.2%, 95% CI 4.7%-7.6%). A number of papers are currently in the early stages of preparation for publication and include (1) a basic descriptive paper assessing the anthropometric measurements, (2) a paper accessing the distribution of blood pressure in Irish children and (3) a paper assessing intake of dietary salt in Irish children from objectively measured spot and 24 hour urine samples.</p>	

<p> </p>	<p>Food Choice at Work Study</p>	<ul style="list-style-type: none"> • Recruitment: Four large manufacturing multi-nationals based in Cork, Ireland have been recruited. • Pilot study: A pilot study was carried out successfully in worksite B (Nutrition education intervention) for approximately 4 weeks (September 2012). • Baseline data collection is complete: 878 randomly selected participants aged 18-64 years (June 2013) were recruited. Semi-structured interviews were conducted with a sub-sample of 24 participants and workplace decision makers at baseline. Follow-up interviews will be completed at 7-9 and 13-16 months. • Implementation of interventions: Interventions were implemented in July 2013 in the study workplaces (A: control, B: nutrition education, C: nutrition education and environmental modification, D: environmental modification only) and will be in place for 9 months. • Follow-up at 3-4 months is now on-going. Further data will be collected at 7-9 months and 13-16 months (6 months post-delivery of interventions). <p>Dissemination: The Food Choice at Work study has been registered with Current Controlled Trials (a publically accessible database). The trial registration number is ISRCTN35108237 (June 2013). The systematic review which informed the Food Choice at Work study design has been published by <i>Preventive Medicine</i> (Oct 2013). The study protocol is in press with the journal <i>Trials</i> (Oct 2013).</p>	
<p>Irish Sports Council</p>	<p>Children's Participation in Sport and Physical Activity (CSPPA)</p>	<p>The aims of the study were (i) to provide a national picture of physical activity, physical education and sport participation levels of children and youth in Ireland, (ii) assess indices of health and fitness in a sub-sample of the target population, (iii) collect and analyse information on the factors influencing participation and iv) provide insight into issues surrounding volunteering in youth sports and activity clubs.</p> <p>CSPPA used self-report surveys, objective measures of physical activity and qualitative interviews to assess participation in physical activity, physical education, extra-curricular and extra-school sport among 10-18 year olds.</p> <p>Basic physical health measures were also collected to examine the relation between physical activity levels and health. Pupils' opinions, attitudes and views on the factors they deemed important in influencing their involvement in or avoidance of, physical activity, physical education and sport were assessed through focus group interviews.</p> <p>The information collected has provided useful input the development of policy in the areas of health, sport, education, transport and the environment all of which have important roles to play in getting Irish children more active more often.</p>	<p>http://bit.ly/1i4Grzw</p> <p>http://bit.ly/1e0L</p>

	Irish Sports Monitor	<p>In 2007, the Irish Sports Council initiated the Irish Sports Monitor (ISM) as a mechanism for tracking adult (aged 16+) participation in sport (including recreational walking).</p> <p>The primary aim is to measure participation levels with sufficient accuracy that levels and trends can be monitored over a number of years.</p> <p>Apart from capturing detailed information on the sport and recreational walking habits of adults, the ISM also includes information on cycling and walking for transport. The combination of the three modes of activity (sport, recreational walking and cycling / walking for transport) allows the ISM to classify the adult population into a hierarchy of groups defined by levels of recreational physical activity during the previous week.</p> <p>The ISM is conducted throughout the year in monthly waves which allows the generation of information on a large number of respondents (between 7,000 and 10,000 annually). Annual reports have been produced for the years 2007, 2008, 2009 and 2011 while a half-year report was recently published for the first half of 2013.</p>	4rI
Public Health Agency (PHA)	<p>Review of physical activity referral schemes</p> <p>Gestational diabetes project</p>	<p>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 workshops with providers have taken place and a regional service specification is under development. 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.</p> <p>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, and research ethics approval has been obtained.</p>	http://www.publichealth.hscni.net/
safefood	<p>Projects that are complete and will be launched 2013/4.</p> <p>Recently tendered projects</p>	<p>Marketing of food to the Pre-school Child Family Eating Out Events Portion Sizes (Adults)</p> <p>Takeaway series – extension to include Indian foods and wrap style sandwiches Food and shift work Food Skills and impact on diet quality</p>	http://bit.ly/1bu9xFG
ASOI	IPH projects	<p>ASOI collaborating with IPH on update of the PANI tool</p> <p>ASOI members engaged in numerous research projects across UCD/UCC/TCD/RCSI and the University Hospitals</p>	

Organisation Name	Other		
Public Health Agency	Promotion of UK CMO physical activity guidelines	In march 2011 the PHA hosted a multi-sectoral workshop in collaboration with the British Health Foundation to promotion the implementation of the new UK CMO physical activity guidelines. This workshop focussed on older people and a further event in the autumn considered the interpretation of the guidelines for early years.	http://www.publichealth.hscni.net/
	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.	
Safe food	Advisory Committee work - Food Skills	The sub group of safe food 's Advisory Committee advised and supported a review of the literature to identify relevant studies on food skills. It has resulted in the a list of proposed cooking and other food related skills needed for the general public on the island of Ireland to choose a safe and healthy diet. This work will feed into the development of a questionnaire to assess food skills in a research project commissioned by safe food .	http://bit.ly/1i98SfO
	Consumer Focused Review on Fruit and Vegetables	safe food published the findings from its latest review of the Fruit and Vegetables in October 2013. Full and summary reports are available.	