
**Minutes of the thirteenth meeting of the All-island Obesity Action Forum, held on
Tuesday 11th November 2014 at the Gibson Hotel, Dublin**

Present

Mr Ray Dolan
Dr Cliodhna Foley Nolan
Ms Sharon Gilmore
Ms Jennifer Feighan
Ms Stephanie Allen
Ms Maureen Mulvihill
Ms Ruth Davidson
Mr Colm McGinty
Ms Margaret O'Neill
Ms Emily Kelleher
Dr Muireann Cullen
Dr Frances Campbell
Ms Ursula O'Dwyer

safefood (chair)

safefood

Food Standards Agency, NI
Irish Nutrition and Dietetic Association
Cancer Focus Northern Ireland
Irish Heart Foundation
Association for the Study of Obesity in Ireland
Irish Sports Council
Health Service Executive
HRB Centre for Health and Diet Research
Nutrition and Health Foundation
Northern Ireland Chest Heart and Stroke Association
Department of Health

In Attendance

Ms Laura Keaver

safefood, Minute Secretary

Apologies

Mr Kevin O'Hagan
Ms Maria Jennings
Ms Claire Holmes
Ms Jennifer McBratney
Prof Marie Murphy
Ms Claire Wright
Ms Maureen McCartney
Mr Ian McClure
Ms Adrienne Lynam
Dr Cate Hartigan
Ms Niamh McDaid
Mr Andrew Dougal
Ms Una May
Dr Tracy Owen
Ms Grace O'Malley
Dr Mary Flynn
Dr Michael Harrison

Irish Cancer Society
Food Standards Agency
British Dietetic Association
British Dietetic Association
University of Ulster
Department of Health, Social Services and Public Safety
Department of Health, Social Services and Public Safety
Department of Health, Social Services and Public Safety
Health Service Executive
Health Service Executive
Cancer Focus NI
Northern Ireland Chest, Heart and Stroke
Irish Sports Council
Public Health Agency
Association for the Study of Obesity in Ireland
Food Safety Authority Ireland
Waterford Institute of Technology

1. Welcome

Mr Ray Dolan introduced himself as the new CEO of **safefood** and welcomed members to the thirteenth Forum meeting. Apologies were noted.

2. Roundtable introductions

Members introduced themselves.

3. Minutes of meeting 17 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)

The update circulated prior to the meeting was read out by RD as there was no representative available to attend. A number of initiatives were highlighted;

- The new public health Strategy Making Life Better was launched in June 2014 and governance and implementation structures are being put in place.
- 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 soon and a three-year review of outcomes is due to commence and to be completed in spring 2015.
- 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.
- The new DHSSPS public health strategy, Making Life Better, 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.

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

- A new obesity policy is being prepared and there will be a national consultation in March/April 2015. The policy is due to be completed by end 2015.
- 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 early 2015.
- At DOH request the Health Research Board have carried out a review of the ROI healthy eating guidelines. Results will be presented to SAGO next week.
- 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 This will be presented in a briefing paper to EU ministers of health
- ICN2 WHO/FAO conference: Minister Varadkar will lead the Irish delegation which will represent the Departments of Health, Agriculture and Foreign affairs.

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.

Irish Heart Foundation

- Physical activity promotion in schools is ongoing through the available resources and programmes. Active flag programme for schools is generating a lot of interest.
- The healthy eating award and the active at work award will be presented to 17 and 19 companies respectively this week
- Heart month in September focussed on alcohol & CVD, while a lot of interest was generated in the media, there was less engagement with consumers.

HRB Centre for Diet and Health

- Data is currently being put together on treat foods and SSB consumption from CCLAS data and will be circulated when complete
- Food choice at work study will have a publication disseminated in coming month and preliminary results are positive
- New research looking at evaluating the effectiveness of interventions that combat childhood obesity (Triple P project and W82go) will commence in the new year

Northern Ireland Chest, Heart & Stroke Association

- New teachers pack developed for schools
- Three week Chesters Challenge schools programme is ongoing
- Health Checks have been revised and are being rolled out
- Evaluation of the organisation service options and delivery is currently being conducted
- 2014 research awards will be granted in January 2015

Cancer Focus NI

- Mobile unit conducting health checks and health promotion is visiting workplaces and community groups on a daily basis
- 200 schools are participating in the schools programme promoting healthy eating and physical activity
- There is a new programme being rolled out in nursery schools
- Research being conducted through Cancer Research UK funding looking at engaging sedentary individuals to take up physical activity

Nutrition and Health Foundation

- Recently released a new APP promoting nutrition and physical activity in children using games to increase interaction
- National Workplace Wellbeing Day is supported by Ibec. Healthy workplaces and workforces have also been identified as a priority area under Healthy Ireland, the national framework to improve health and wellbeing across the population and Kate O'Flaherty, Director, Health and Wellbeing Programme, Department of Health is participating in the launch next week. The NHF are also working in collaboration with an American university and UCD to design a workplace research study.

Health Service Executive

- Noted there has been lots of change and restructuring within the HSE.
- There will now be a health and wellbeing lead in all areas
- The weight management algorithm has been dissemination to over 3000 GP's

- School monitoring: measuring of children in two pilot sites, Mayo has commenced and Cork will soon. This programme will use the 'your child's weight' resource and will refer children to w82go if appropriate
- There is a review to be commenced on community dietetic service, looking at how people in particular children access these services
- Vending machine protocol for hospitals is at tendering process

Irish Nutrition and Dietetic Institute

- First CEO was appointed in August
- Registration with CORU opened 1st October
- Continuing to work with professional bodies alliance
- Margaret O'Neill was named national dietetic advisor
- Aoife Ryan has compiled a cancer cookbook with breakthrough cancer

Irish Sports Council

- Grant applications have commenced for local sport partnerships, ISC will contribute approximately 5 million in funding to these networks next year
- 260,000 participated in local sport partnership programmes last year
- ISC will continue to deliver walks and fun runs in association with operation transformation
- Adults participation in sports survey has shown an overall increase in physical activity of 2% since 2007 and a decrease in sedentary behaviour of 1.2%

Food Standards Agency

- Currently reviewing the outcomes of Fitter Futures For All
- Due to current EU uncertainty over front of pack color coding plans to generate awareness in this area have been shelved. FSA are now moving forward with increasing consumer understanding of food labelling
- Work on calories on menus continues in association with FSAI
- Research looking at promotions in supermarkets is ongoing and will be shared with retailers in early 2015

Association for the Study of Obesity in Ireland

- Community rollout of w82go has commenced.
- Members are travelling to the European Childhood Obesity Group conference in Strasbourg this week

Safefood

- Currently working with INDI and HSE to convert the weigh2live website into an app using the ICGP algorithm
- Looking to have a more cohesive approach to surveillance on the island. Setting up a group to investigate this with the initial group consisting of funders
- The focus of the childhood obesity campaign next year will be sleep and screen time
- Two upcoming tenders: one on the cost of childhood obesity and the other looking at weaning patterns in socio-economically deprived groups and obesity

6. Topic for Discussion

- Sponsorship of Irish sports by food and drinks industry

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

- Sport is a positive outlet for young people – is there the possibility that removing this sponsorship could reduce the availability of sports programmes
- It was highlighted that the battle with alcohol and sports has still not been won, if this were removed next immediate port of call would likely be food and drink sponsors or even betting firms generating other social issues.
- It was noted that the HSE community games banned all forms of food and drink sponsorship and there was no backlash from this
- Transparency in current sponsorship deals in terms of value and return is necessary
- Quebec was highlighted as a success story in this area – there is statutory regulation that puts the onus back on the companies.
- It was suggested that focussing on the positive can influence change e.g. getting them to aim for a healthy club stamp by achieving certain criteria within the club
- There is a HSE funded pilot study with 14 clubs currently ongoing using GAA clubs as a broader health promotion tool where six elements such as nutrition, physical activity and mental health are dealt with through initiatives designed by the club themselves
- Within sports clubs there needs to be greater emphasis on healthy food options to make these the norm

7. Next Forum Workshop

The next forum workshop will be held on either the 2nd or 23rd June – a doodle poll will be circulated to confirm most suitable date. Topic to be confirmed – all suggestions welcome.

8. AOB

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

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 ww.eatright.eu , an all-island on-line resource of materials to support teachers and trainers working with early school leavers on the island of Ireland. The resource contains healthy eating and nutrition information that has been tailored to make it relevant and engaging for early school leavers and the worksheets are presented in basic, intermediate and advanced levels to account for different abilities and levels of literacy.	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.safe food.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.	Stephanie Allen, Cancer Focus NI stephanieallen@cancerfocusni.org
	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.	Niamh McDaid, Cancer Focus NI niamhmcdaid@cancerfocusni.org
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>	