
**Minutes of the sixteenth meeting of the All-island Obesity Action Forum, held on
Tuesday 14th June 2016 at the MAC theatre, Belfast**

Present

Mr Ray Dolan	safefood (chair)
Dr Cliodhna Foley Nolan	safefood
Ms Joana Caldeira	safefood
Ms Joanne Casey	Food Standards Agency, NI
Ms Sharon Gilmore	Food Standards Agency, NI
Dr Tracy Owen	Public Health Agency
Ms Jennifer McBratney	British Dietetic Association
Ms Niamh McDaid	Cancer Focus NI
Ms Janis Morrissey	Irish Heart Foundation
Mr Ian McClure	Department of Health, NI
Ms Claire Wright	Department of Health, NI
Ms Emma Jane Clarke	Sport Ireland
Prof Marie Murphy	Ulster University
Ms Sarah O'Brien	Health Service Executive

In Attendance

Ms Laura Keaver	safefood , Minute Secretary
Ms Ailis O'Gorman	safefood , placement student

Apologies

Mr Michael Bell	Northern Ireland Food and Drink Association
Dr Muireann Cullen	Nutrition and Health Foundation
Dr Janas Harrington	Centre for Health and Diet Research
Dr Fidelma Carter	Northern Ireland Chest, Heart and Stroke
Dr Michael Harrison	Waterford Institute of Technology
Ms Jennifer Feighan	Irish Nutrition and Dietetic Institute
Ms Rita Sexton	Department of Education and Skills
Ms Ursula O Dwyer	Department of Health (ROI)

1. Welcome

Mr Ray Dolan welcomed members to the sixteenth Forum meeting. Apologies were noted.

2. Roundtable introductions

Members introduced themselves.

3. Minutes of meeting 15th 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

Department of Health, Northern Ireland

- There has been a restructuring of government departments with 9 now instead of the former 12
- Fitter Future for all: Short term outcomes for delivery 2015-2019 have been published on the Department of Health website
- A UK wide consultation on the impact of a levy on sugar sweetened beverages will commence in July
- The recent physical activity infographics have helped to raise awareness of physical activity guidelines. The DOH NI are now looking to develop one for 0-5 year olds
- Making life better: is looking to create an environment which makes physical activity easier. This programme was developed last year and is currently in the early stages of setting up structures to enable this

Department of Health, Republic of Ireland (ROI)

- A tax on sugar sweetened beverages has been agreed and will form part of the programme for government. DoH are liaising with the Department of Finance on agreeing the implementation.
- There is now a new minister for health, Simon Harris, and a new obesity policy and action plan. This policy and action plan will be published in the coming months and will involve 10 key implementation steps
- There is a working group meeting to develop a voluntary code for non-broadcast media e.g. product placement, sponsorship
- A food reformulation working group has been established to set ROI targets for fat, sugar, salt etc. They are working towards a national reformulation plan in 2017

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 and this was circulated to all members.

Irish Heart Foundation

- Heart month will take place in September and will focus on children aged 5-12 years, it will have a nutrition focus
- Post-primary schools have completed a pilot comprising an adaption of the previously successful catering award system in workplaces. It is now adapted to suit the school environment and will be rolled out nationally in the autumn. There will be a focus on menu choices and catering practises
- A children's food campaign will be launched in Autumn
- 'Who's feeding the kids online' will be launched this week and a copy of same will be circulated to all members when available

Sport Ireland

- Implementing involvement in sport programmes across the country focussing on those with disabilities or from a disadvantaged background
- These programmes will be evaluated and help build an evidence base for future programmes

Health Service Executive

- Making every contact count: this programme is being implemented across the HSE this year and will provide standardized behavior change training to all front line staff over the next three years
- Get Ireland Active website has been refreshed to coincide with the launch of the national physical activity plan. A social media campaign to promote this has also been launched
- There is a focus on having all schools engaged in the Healthy Ireland agenda by 2020
- A Healthy Ireland award scheme has been implemented for pre-school providers and crèches. 250 services achieved this award in April 2016
- There is currently work being undertaken to document what the model to prevent childhood obesity will look like. This will integrate the prevention agenda into the childhealth agenda and document all contacts children have with GP's and the health service
- The HSE is funding ongoing work in universities: the MEDEX programme in DCU, the Croi my action programme in Galway and the men on the move programme in Carlow.

Cancer Focus NI

- The Keeping Well vans are currently targeting mainly workplaces and they are getting busier
- The school programme were revamped last September and new programmes such as fitfactor and food detectives were developed, these have received positive feedback

Food Standards Agency

- The new eatwell guide was launched in March 2016
- The FSA are working with the DOH in the UK to revise food labelling guidelines
- Kantar report which looks at purchasing data in Northern Ireland is now available on food.gov
- Research looking at promotions in retail outlets which was carried out with Ulster University is also available online
- Research which looked at NI consumer understanding of labels is being finalised and will be published soon
- The FSA is partnering with the PHA and **safefood** to develop nutrition standards for workplaces in health and social care settings

Public Health Agency

- A public information campaign which looked at the 'extras' we consumer every day above what we require was launched in February
- The next phase of this campaign will look at encouraging people to move more and to measure their steps
- The active travel in children programme reached 192 schools over the last three years. This programme will be extended for a further three years
- 'Leading the way': this campaign will focus on workplaces and will encourage staff to commute more sustainably and to be more active
- An active travel active communities programme will be piloted for 2 years in Belfast and the results will shape the programme for the future
- The PHA are involved in the development of nutrition standards for workplaces in health and social care settings in partnership with the FSA and **safefood**. Minimum standards have been finalised and drafted and will go for consultation soon. These standards aim to include all vendors in these areas and funding has been secured to employ a dietitian to coordinate this piece of work

Safefood

- The childhood obesity campaign is in its third year with focus on treats and sugary drinks at this stage. The campaign will be re-launched again during the year focusing also on portion sizes
- The folic acid campaign will be run again this year and will be launched this month
- Launch of the Community Food Initiatives Programme 2016-18 (NI and ROI) took place in R2 Centre, Rialto, Dublin 8 on Tuesday 24 May. The programme aims to positively influence the eating habits of families in low income communities
- Launched a weight loss app 'weight-mate' in the new year based on the weigh2live resource. It is currently being evaluated in conjunction with DCU
- Recently conducted research on energy drinks in the Republic of Ireland, this report is now published and available on the **safefood** website

British Dietetic Association

- Work Ready programme has been launched

Ulster University

- Children's physical activity report card recently completed and showed a difference between the north and the south with each jurisdiction being awarded different grades
- There are two studies currently underway: 1) fat bias in health professionals and the implications of this on their behavior and 2) school based peer led activities in adolescent (11-13 years old) girls with low activity levels, the initial results from this are about to be published
- Hosting a WHO conference on physical activity and sedentary behavior in Queens University in September. Abstracts are now being accepted at the following link: <http://www.hepaeurope2016.eu/Welcome/>

6. Topic for Discussion

- The use of technology to help promote healthier lifestyles and how to evaluate their effectiveness

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

- It was felt that there was good potential for these products to play a role in adolescent health, these are the most challenging audience to engage and technology and up to date software could be used to engage this group
- It was pointed out that robust evaluation is challenging in this area as technology and apps change so quickly as do teenagers interests that by the time the programme or system has been evaluated both the technology and this target group have moved on
- It was felt that there needs to be a bridge between researchers and practitioners and that perhaps we need to rethink how we currently view research and evaluation. We need to get the balance of evidence of impact versus keeping up with the rapidly changing technologies
- It was also felt that the long term impact of these technologies is not known nor is their impact on health

7. Next Forum Workshop

The next forum workshop will be held on 8th November in Dublin and will focus on the role of appetite in obesity.

8. AOB

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

Member Updates:

Organisation Name	Ongoing Campaigns		
BDA NI Board		BDANI board continues to delivery on its agreed work plan which focus on obesity and malnutrition.	
DHSSPS	Be Cancer Aware	<p>The campaign, launched in February 2015, combines raising awareness of cancer generally, such as through the campaign website at www.becancerawareni.info and has three phases.</p> <ul style="list-style-type: none"> • Phase one of the campaign is aimed at improving public awareness of cancer in general. • Phase two of the campaign (2016-17) focuses on raising awareness of the signs and symptoms of three specific cancer tumour sites and encouraging help seeking behaviour: Lung cancer, Breast cancer, and Bowel cancer. • Phase three will include other new tumour sites. The selection of the tumour sites for Phase three have yet to be determined but due attention will be given to the evidence and learning from both the Scottish and English programmes in particular which have or are due to feature kidney, bladder, oesophago-gastric, ovarian and skin. 	www.becancerawareni.info
	A Fitter Future for All	The current obesity prevention framework A Fitter Future for All contains revised short term outcomes for 2015-2019. The Public Health Agency lead implementation of non-departmental outcomes. An update report detailing current actions against the short term outcomes for 2015-2019 is expected to be published online this year.	http://bit.ly/28EmWbi
	Making Life Better	A whole system strategic framework for Public Health 2013 -2023 (DHSSPSNI, 2014) is a ten year public health strategic framework which provides direction for policies and actions to improve the health and wellbeing of the people in Northern Ireland. Action to address poverty and inequality is key to the successful delivery of this framework.	http://bit.ly/1tqwSof
	Start Active, Stay Active: A report on physical activity for health from the four home countries' Chief Medical Officers	A physical activity infographic to help assist health professionals to give clear, quick and easy advice on recommended levels and ways to be physically active for children and young people was published on the departmental website. This coincided with similar actions in Scotland, Wales and England and follows on from the guidelines published in Oct/Nov last year (see previous update for additional information).	http://bit.ly/1RWg8x1

Irish Heart Foundation	Heart Month - September Children and Families	Public awareness campaign being developed to target parents of children aged 5-12 years.	
	Obesity/ Advocacy	15 th June: Launch of research by Dr. Mimi Tatlow-Golden on digital food marketing to children. Children's Food Campaign will be launched with focus on food marketing to children, school food and sugar-sweetened drinks tax.	
Nutrition and Health Foundation	NHF seminar 2016	Currently under development. Planning for September 2016.	
Public Health Agency (PHA)	Public information campaign	<p>The Choose to live better campaign was initially launched on 3 January 2013 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. <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.</p> <p>The second phase of the campaign was launched on 29 February 2016. This focused on the 'extras' that people eat and how this is contributing to overweight and obesity. Encouraging people to reduce the snacks, second portions etc</p>	http://choosetolivebetter.com

		Phase 3 will launch in early June 2016. This will focus on physical activity with people being encouraged to measure the steps they do and take action to move more every day. This will be supported with community based activities, challenges, use of pedometers/apps and social media.	
Sport NI	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 to help promote the Chief Medical Officers' Recommendations for being active through sport and physical activity. At present there are no programmes running however a range of resources can be found on the Activ8 website.	http://bit.ly/UOa9cY
	Active Awards	Active Awards is a small grants programme aimed at supporting grassroots sport by providing small grants to governing bodies, sports clubs and other community organisations for projects that can contribute to addressing the priority of women and girls, people with a disability, those living in areas of high social need and older people on the basis of continued under-representation in sport. The Active Awards Programme is planned to open in the summer.	
	Active Clubs	Active Clubs is a 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'. Active Clubs aims to create, strengthen and sustain opportunities that support pathways to lifelong participation in sport and physical activity.	http://www.sportni.net/Funding/Active+Clubs.htm
	Every Body Active 2020	<p>The investment programme seeks to establish and support 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.</p> <p>EBA 2020, The EveryBody Active 2020 programme aims to provide four engagement 'elements' which aim to deliver increases in participation among target groups.</p> <p>It is envisaged that the EBA 2020 investment will contribute to increasing quality opportunities for targeted groups to develop and sustain participation in sport across key life-course transition points e.g. from primary to post primary education, and working life to retirement. The proposed four key elements of the EBA 2020 programme are:</p> <ul style="list-style-type: none"> • Opportunities – Providing a range of physical activity and multi-sport programmes; • Workforce Development – Developing the technical and tactical skills of coaches, officials and volunteers; • Outdoor Spaces – Establishing more places for self-guided activity, e.g. walking trails, cycle routes and pump tracks; and 	

	Active Inclusion	<ul style="list-style-type: none"> Small Grants – Supporting grassroots sports clubs; community; voluntary and charity groups. <p>The aim of the Active Inclusion programme is to provide interventions that ensure an inclusive society and support increased participation in sport and active recreation for people with disabilities. The benefits of this programme include: increase in choice and accessibility of opportunities and facilities to enable people with disabilities to lead active lifestyles leading to improved health; increased awareness and understanding of disability and disability sport; a better skilled sporting workforce.</p>	
	Active Outdoors	<p>The aim of the Active Outdoors work is to support the delivery of the N. Ireland Outdoor Recreation Action Plan. It is focused on increased participation in sport and active recreation through the use of the natural environment. The work is run in partnership with Outdoor Recreation NI, local authorities, National Governing Bodies, land management bodies and other statutory agencies. The benefits of being physically active in green space are well documented (www.greenexercise.org) and the work is focused on improving opportunities to take first steps in active lifestyles through developing access for local communities.</p>	
University of Ulster	PA Infographics	<p>Ulster (Murphy) is a member of the CMO expert advisory group which has produced physical activity infographics to assist health professionals to promote current physical activity guidelines to adults https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/469457/Physical_activity_infographic.PDF</p> <p>and children https://www.gov.uk/government/publications/start-active-stay-active-a-report-on-physical-activity-from-the-four-home-countries-chief-medical-officers</p>	
safe food	Childhood Obesity Campaign	<p>The campaign is in its third year with focus on treats and sugary drinks at this stage. The campaign will be re-launched again during the year focusing also on portion sizes.</p>	http://www.safefood.eu
	Folic Acid	<p>We are running this campaign again this year. The campaign will be delivered primarily via social and digital media and will be launched in June. The campaign concept 'Babies know the facts about folic' aimed to attract the audiences with humour, gain their attention, open their minds to the concept and address key barriers to behaviour change.</p>	http://bit.ly/1Dwt8Ar
Organisation Name	<i>Schools, Workplace, Community initiatives</i>		

BDA		<p>BDA Work Ready campaign www.bdaworkready.com and nutrition in the workplace was the focus of the third Dietitians week this year. Dietitians week ran from the 6th June. The BDA Work Ready Programme offers bespoke nutritional and wellness services tailored to employers' needs. A 'pick and mix approach' affords businesses the opportunity to choose the level of support that they need as required. BDA white paper 'Supporting healthier working lives through dietitian-led wellness initiatives' is available on registering. Within Northern Ireland the work ready programme was delivered with Business in the community by accredited work ready dietitians.</p> <p>BDA were represented by Pauline Mullholland at a workshop focusing on new nutritional standards for all health and social care settings.</p>	
DHSSPS	Every School a Healthy School	<p>See A Fitter Future for All and Making Life Better</p> <p>The joint DHSSPS (DoH) and Department of Education Food in Schools Policy continues to be implemented.</p>	
Irish Heart Foundation	<p>Workplace</p> <p>Schools</p>	<p>Physical Activity Aiming to have 12,000 employees taking part in Irish Heart Foundation physical activity events, of which 5,000 take part in Active@Work Award. Two physical activity training days held for workplaces. Target to develop Slí@Work routes in 10 private and 5-10 HSE sites. Healthy Eating – New, graded Bronze, Silver, Gold system introduced for the Healthy Eating Award programme this year. Very well received with a number of HSE and corporate sites achieving gold. Target to certify/recertify 70 workplaces by year end.</p> <p>Health Checks – Demand for checks very high. Plan to undertake 1,000 full heart health checks and about 3,000 mini checks (BP and/or waist measurement) by year end. Referral rates for BP checks on average 30% and for full heart health check 45%.</p> <p>Physical Activity – Ongoing promotion of several teacher resources for both Primary and post-primary school, mainly Action for Life and Bizzy Breaks at primary level.</p> <p>Healthy Eating – Piloting has been completed in ten post-primary schools of a 'Happy Heart @ School Catering Award', adapted from the Irish Heart Foundation's longstanding workplace Healthy Eating Award. The programme aims to support achievement of a healthy catering standard and to help ensure healthy choices are provided and promoted to students. It will be launched in September.</p>	

	<p>Pre School</p> <p>Community</p>	<p>Physical Activity – Piloting is ongoing of a new 'Kids Active' resource developed in association with Early Childhood Ireland and DCU. Mobile Health Unit will be launched and on the road on 13th June. It will travel nationwide and be staffed by trained IHF nurses who will perform blood pressure checks for the public.</p> <p>Community Heart Projects – part-time co-ordinator appointed to select and develop two community food projects in disadvantaged communities.</p> <p>Farmers Have Hearts – delivering 1,000 heart-health checks and lifestyle advice to farmers in marts. In addition, there will be 300 heart health checks at 12 Irish Farmers Association county executive committee meetings and heart health talks to all 30 committees.</p> <p>Walking – Slí na Sláinte – programme ongoing with 172 walking leaders trained to date in 2016 with on average 77% of those trained leading walks in their communities. Six community courses planned for autumn/winter.</p>	
Nutrition and Health Foundation	Move Your MET	<p>App developed in conjunction with Aviva Health and DCU. Launched on Operation Transformation January 2016. App based on Rockport Walking test and designed to inform people of their fitness level. Free to download on App store and Google Play. Aviva Workplace Fitness Challenge launched Feb 2016. 130 companies, 49,000 downloads. 6 week challenge to Move Your MET. Awards ceremony held April 2016.</p> <ul style="list-style-type: none"> • Ireland's fittest company: Indeed.com average MET 14.6 • Most Improved: <ul style="list-style-type: none"> • Small Co. (<50 employees): Kemek, Co. Kildare • Mid-Sized Co. (51-250 employees): Rockall Tech, Dublin • Large Co. (over 250 employees): SAP, Dublin • Average MET increase 0.7. <ul style="list-style-type: none"> • Increase of 1 = 15% CVD risk & 13% premature death risk reductions 	http://www.avivahealth.ie/moveyourmet/
Public Health Agency (PHA)	<p>Healthy lunchbox</p> <p>Healthy Breaks scheme</p> <p>Active Schools Travel Programme</p>	<p>The healthy lunchbox resource continues to be distributed to parents of all new Primary 1 pupils in Northern Ireland in September each year.</p> <p>A new regional healthy breaks scheme has been rolled out to all nursery and primary schools across Northern Ireland. An evaluation of this scheme is ongoing.</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, walking and scootering to school. The programme targets 60 schools in NI per year, and has reached 191 schools over the 3 year period. The project is being delivered by Sustrans. A procurement process is being taken forward to contract for another 3 years. This will also introduce the 'mile a day' initiative to schools.</p>	

	<p>Cook It!</p> <p>Nutrition Matters for the Early Years</p> <p>£ for lb 12 week challenge</p> <p>Active Travel to work programme</p> <p>Food in HSC workplaces</p>	<p>The Cook It! community nutrition education programme has been rolled out across Northern Ireland. Modules suitable for use with those with a learning disability have now been developed and are being rolled out. A revision of the core manual and inclusion of materials for BME groups is ongoing.</p> <p>The Nutrition Matters resource has been updated and distributed to childcare providers across Northern Ireland. Training on the use of the resource has been put in place and is ongoing across all Trusts.</p> <p>In association with Business in the Community and Westfield Health, this workplace based weight management programme ran for the third year January – March 2016. The programme is based on the NHS Choices 12 week weight loss programme, and incorporates workplace champions for added motivation and support and a charitable donation element. In 2016, the programme involved 35 businesses with 1,500 participants across Northern Ireland.</p> <p>In association with Belfast City Council and the Belfast HSC Trust, the PHA is supporting a 3 year active travel to work programme (<i>Leading the Way with Active Travel</i>). To date this has included cycle training, bike clinics, walking initiatives, workplace and individual challenges etc. Roll out of this model to the Western area of Northern Ireland is being taken forward. Development work is also ongoing on an active communities programme in Belfast.</p> <p>The PHA is working jointly with FSA and safefood to ensure the provision of healthy food options for staff in Health and Social Care premises. This project is looking at standards for nutritional content of food and the procurement processes.</p>	
Cancer Focus NI	<p>Keeping Well mobile service</p> <p>Schools Health Education Package (SHEP)</p>	<p>The Keeping Well vans are mobile drop-in units which deliver free health checks and cancer awareness sessions directly to workplaces, sporting organisations, community groups and ethnic minority groups across Northern Ireland. The resources available on board help empower local people to take control of their own health and lower their risk of cancer. The sessions we offer are interactive, positive and designed so that participants see how they can pro-actively adopt a healthier lifestyle, step by step. From August to Jan 2016 the Keeping Well service saw 6490 members of the public, tailored advice on lifestyle focusing on PA and diet was given</p> <p>Genevieve the goat (healthy eating and physical activity programme) was revised in September 2015 and has now been developed into two programmes with the P2 message building on and strengthening the learning in P1. The programme uses active learning by delivering the education message followed by a skill. This strategy reinforces the learning. This programme has been delivered to 7,512 Yr 1 children and 3,693 Yr 2 children (Sept – May 2015/16). Throughout term 1 Fit Factor was being revised and has been redeveloped into two separate programmes. Fit Factor for Year 3 and Food Detectives for Year 4. Resource materials have been</p>	<p>Sandra Gordon , Cancer Focus NI sandragordon@cancerfocusni.org</p> <p>Niamh McDaid, Cancer Focus NI niamhmcdaid@cancerfocusni.org</p>

		<p>posted out to schools for delivery in term 2. Fit Factor encourages children to achieve their 60 mins of physical activity a day. Food Detectives investigates different processed foods in how fat, sugar and salt are added. Children are also introduced to the traffic light food labelling system. The programmes will impact on their behaviour becoming more active and using the traffic light system. Initial feedback from teachers reported that both programmes were excellent and the content was appropriate for the age group. They also reported they were fun and enjoyable.</p> <p>Cancer Focus also deliver a range of innovative cancer prevention programmes in post primary schools. These met the needs of key stage 3,4, and 5 students as well as staff development programmes for teachers.</p>	
Sport NI	Community Planning	<p>As part of the ongoing reform and modernisation of the public sector in NI, local government was reconfigured into 11 city and district councils in April 2015. With that reorganisation process came a number of new powers and responsibilities for district councils; among them responsibility to lead the development of a new community planning process and a general power of competence to act in the best interest of residents and ratepayers. Community Planning is a new and evolving process which is about identifying long term priorities (between 15 and 20 years) and actions for:</p> <ul style="list-style-type: none"> • Improving social, economic and environmental well-being and tackling poverty, exclusion and disadvantage; • Contributing to achieving sustainable development; and • Planning and improving public services. Sport NI submitted a consultation response to the proposed Community Planning Partners legislation. <p>As a result of this the emerging Local Government (Community Planning Partners) Order (NI) 2015 proposes Sport NI as a statutory partner. The overall aim of the legislation is to create outcome based planning in an environment of strategic partnerships. The legislation will allow for the community planning governance structures to vary across the 11 Councils but each is likely to have a formally constituted Strategic Partnership Board with senior representation from the statutory partners (and on some occasions other partners relevant to that area). At a tier below this there is likely to be themed working groups and at a third level there may be local/special interest groups. Based on the themes introduced in the legislation many councils are structuring their plans around the three areas of:</p> <ul style="list-style-type: none"> • Social Well-being (including sport and leisure) • Economic Well-being • Environmental Well-being <p>Every Body Active 2020 sets out a clear role for partnership working with and investment in the 11 district councils.</p>	
University of Ulster	Children's Physical Activity	<p>Ulster (Murphy) are the NI lead for the Global Healthy Kids Alliance Physical Activity Report Card an advocacy document which uses existing Irish data to assign grades on childrens physical activity prevalence and policy. Working with colleagues from DCU (Belton) the second iteration of the report</p>	

	Report Card for Ireland	card is in preparation and will be presented along with report cards from 80 other countries at the International Society of Physical Activity and Health Conference in November 2016 in Bangkok	
safefood	Education	<p>85,500 lunchbox leaflets were disseminated to 855 school who had requested leaflets last year. Further to that approximately 600 new school requested leaflets this year (25% response rate). These will be disseminated in March. Total numbers of leaflets ordered will be confirmed after closing date of 22nd Feb. Some updates were also made to the Irish language version of the leaflet on the safefood wesbite.</p> <p>Eatright New content on energy drink (information sheet and activity sheet) have been developed to add to www.eatright.eu. An e-mailer will be send to the NI and ROI eatright marketing list (100 subscribed to date) with a link to this new content. safefood will also have a stand at the Youthreach Conference on 24th Feb in Galway to promote the resource and add new trainers to the e-mailing list.</p> <p>Eat Taste and Grow Further to the evlautaion of Eat Taste and Grow in 2015 safefood have sourced a quote for the addition of some new videos and activities to Eat Taste and Grow.</p> <p>Safefood was involved in the Healthfest for Transition Year Students in April 2016. The National Dairy Council and safefood were partners on this event.</p>	
Food Standards Agency, Public Health Agency and safefood	Workplace	<p>safefood/ FSA in NI / PHA / partnership agreed draft minimum nutritional standards, in consultation with caterers in HSC organisations. Draft Standards have been finalised and will be sent out for consultation. These have been circulated to Senior Management of the 3 Agencies and have been approved and the recommendation to employ a Dietitian to implement the standards and support caters in all public Health Care facilities has been accepted. A detailed Job Description and project plan for implementation is being developed. Next workshop, to extend the minimum standards to vending, to be held on the 21st of June in partnership with the HSE.</p>	
safefood	Community Food Initiative Programmes	<p>Safefood announced the recipients of funding for the Community Food Initiatives Programme 2016-18 (NI and ROI) on Tuesday 24 May. The programme aims to positively influence the eating habits of families in low income communities.</p>	
Organisation Name	Food Poverty		

BDA NI		Claire Holmes Chair of BDANI continues to represent BDANI on the NI food poverty group. Next meeting September.	
safefood and Food Standards Agency	All-island Food Poverty Network	<p>The network, co-chaired by safefood and Food Standards Agency, has met once in 2016. Next meeting scheduled for the 21st of June.</p> <p>Workshop:</p> <p>Safefood & FSA are working on an agenda for the Food Poverty Workshop/Conference on the 13th September 2016.</p> <p>This workshop will focus on Kantar data, NDNS, Food Basket Research, Community Food Initiatives, and Sustainable Food Cities Network.</p> <p>Our keynote speaker will be Dr Valerie Tarasouk, Professor at the Department of Nutritional Sciences in the University of Toronto. Dr Tarasouk will join the Workshop via teleconference and will discuss her research that has a strong focus on food insecurity, food banks and food bank users, homeless youth and community responses to the food needs of homeless and effective policy interventions.</p>	http://www.safefood.eu/Publications/Research-reports/The-cost-of-a-healthy-food-basket.aspx
safefood in partnership with Vincentian Partnership for Social Justice, FSA NI, Consumer Council NI	Cost of Healthy Food Basket	<p>The field work and nutritional analysis were completed in March.</p> <p>The report was delivered by the Vincentian Partnership for Social Justice in May and is now with the three leading agencies (Safefood, FSA NI and Consumer Council) for final review and edits. Final report should be signed off by the end of June and will be officially launched at the Food Poverty Network workshop in September 2016.</p>	
safefood	Community Food Initiative Programmes	See above	
Organisation Name	Health Services		
BDA		<p>The BDA have produced a response to the National Obesity Forum recent claims.</p> <p>Link attached https://www.bda.uk.com/news/view?id=121&x[0]=news/list</p>	

Public Health Agency (PHA)	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 was developed in collaboration with the Centre Of Excellence for Public Health at Queens University and is based on best available evidence. The programme is delivered across all five Trusts and incorporates both nutrition and physical activity elements. The evaluation has been completed and the learning from this disseminated to Trusts. The programme is now mainstreamed and consideration is being given to how it could be extended to a wider cohort of women.	
University of Ulster	The impact of obesity attitudes on obesity management	Novel multidisciplinary study assessing the obesity attitudes of nurses, doctors and dieticians in a virtual research laboratory. Whilst current research emphasises the presence of clinician anti-fat bias, there is no triangulation of bias with clinical outcomes to determine impact on practice. This innovative research study addressed this deficit through estimating the degree of anti-fat bias in a multidisciplinary sample and examined the association with clinical behaviour. These findings break new ground, challenge implicit prejudice and contribute to the development and implementation of current and future policies designed to reduce the prevalence of obesity and associated health care costs.	
Organisation Name	<i>Research and Evidence Based Activities</i>		
British Dietetic Association		Northern Ireland will be hosting a research symposium on the 28th November. Details to follow.	
HRB Centre for Health and Diet Research	<p>Sugar Sweetened Beverages</p> <p>Early Infant Feeding</p> <p>Childhood Weight Management</p>	<p>Ongoing work analysing sugar sweetened beverages and association with childhood overweight and obesity from the Cork Children's Lifestyle Study (CCLaS).</p> <p>Funded by a HRB ICE Fellowship, Karen Matvienko-Sikar is currently working on the systematic review of the effects of early infant feeding interventions on feeding behaviours and weight outcomes. This review will help elucidate some of the mechanisms of early feeding interventions that may help to reduce infant obesity and overweight. Karen is also working on a qualitative evidence synthesis of parental experiences of early infant feeding. The findings of this review will provide insight into parental experiences, barriers and facilitators of appropriate early infant feeding behaviours.</p> <p>Emily Kelleher is currently undertaking work on the implementation of a family-focused, multi-disciplinary childhood weight management programme as delivered in the community setting in Ireland. This work will include a thorough investigation into the barriers and facilitators of implementing such a programme from a wide range of stakeholder perspectives as well as</p>	

	Parental Perceptions of Child Weight	<p>reporting on and exploring the issues related to recruitment and retention. Specific objectives include:</p> <ul style="list-style-type: none"> • Synthesise international literature investigating factors influencing attendance at community-based lifestyle programmes among families of overweight or obese children • Describe the recruitment process for a government-funded, multidisciplinary weight management programme for families of obese children and present participation and retention rates • Explore (1) the process, barriers and successes experienced by public health nurses whilst recruiting families of obese children to a government-funded, multidisciplinary weight management programme and (2) the experience of families of being referred • Determine parental perception of their children's weight status using data collected as part of Cork Children's Lifestyle Survey <ul style="list-style-type: none"> • Explore the barriers and facilitators experienced by those implementing a government-funded, multi-component childhood weight management programme in the community <p>As part of a PhD thesis (Emily Kelleher, UCC) and HRB ICE grant (Dr Michelle Quelly, NUI, Galway, HRB ICE Fellow), we are assessing different measurements of childhood overweight/obesity and their associations with parental perceptions of child weight.</p>	
Public Health Agency (PHA)	Review of physical activity referral schemes	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 schemes in areas where geographical gaps have been identified.	
Sport NI	Mental Health and Well-Being in Sport: A Pilot	Ulster University's Sport and Exercise Sciences Research Institute worked in collaboration with Sport Northern Ireland to conduct a pilot study evaluating the effects of a mental health educational	

	Educational Programme for Clubs	programme on well-being in sports club settings. A copy of the research report will be available in July 2015.	
safefood	<p>Recently launched reports</p> <p>Completed projects which will be launched soon</p> <p>Safefood funded research projects ongoing</p>	<p>Indian food Energy drink report</p> <p>Iodine status: is there a public health issue on the Island of Ireland Food skills Shift work and diet All three above projects will be launched this year</p> <p>Lifetime costs of childhood overweight and obesity Folate status in pregnant women:: current situation on the island of Ireland Halo effect of foods Retail promotions Weaning</p>	
OTHER			
BDA		The BDA organised a course to encourage dietitians to register as freelance dietitians. Dietitians are the only nutrition professionals to be regulated by law, and are governed by an ethical code to ensure that they always work to the highest standard. We would encourage all partners to access this website if undertaking any nutrition work http://www.freelancedietitians.org/	
Public Health Agency	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 a rolling action plan which reflects the priorities identified by the group.	
safefood	Weight loss app	Safefood launched a weight loss app in the new year based on the weigh2live resource. It is currently being evaluated in conjunction with DCU.	