
**Minutes of the seventh meeting of the All-island Obesity Action Forum, held on
Tuesday 15 November 2011 at The Morrison Hotel, Dublin**

Present

Mr Martin Higgins	safefood (chair)
Ms Ursula O'Dwyer	Department of Health
Prof Ivan Perry	University College Cork
Ms Eve McKay	Department of Education and Skills
Ms Janas Harrington	University College Cork
Ms Gillian Costello	Irish Sports Council
Ms Maureen Mulvihill	Irish Heart Foundation
Dr Mary Flynn	Food Safety Authority Ireland
Ms Sandra Gordon	Ulster Cancer Foundation
Ms Joanne Vance	Irish Cancer Society
Ms Ruth Balmer	Food Standards Agency
Ms Claire Holmes	British Dietetic Association NI
Mr Ian McClure	Department of Health, Social Services and Public Safety
Dr Nazih Eldin	Health Service Executive

In Attendance

Dr Marian Faughnan	safefood
Dr Clíodhna Foley-Nolan	safefood
Dr Aileen McGloin	safefood
Ms Emily Kelleher	safefood , Minute Secretary

Apologies

Dr Tracy Owen	Public Health Agency
Mr Rob Phipps	Department of Health, Social Services and Public Safety
Prof Marie Murphy	University of Ulster
Mr Michael Bell	NI Food and Beverage Association
Dr Muireann Cullen	Nutrition and Health Foundation
Ms Sinead Hanley	Diabetes Federation of Ireland
Mr Brendan Heaney	Diabetes UK NI

1. Welcome

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

2. Roundtable introductions

Members introduced themselves.

3. Minutes of meeting 08 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

Northern Ireland (NI) - Mr Ian McClure

A number of initiatives were highlighted;

- The development of a new public health strategy for NI is underway.
 - New Minister Edwin Poots has a keen interest in obesity matters. He recently attended the launch of CAWT Up4It Obesity Programme. Obesity is recognised within it.
 - Workplace Travel Plan devised to encourage staff to travel in a more sustainable way i.e. walk or cycle to work
 - Draft program for government is underway to develop milestones over next 3 years, due to be published soon.
 - Obesity Prevention Steering Group (OPSG) met on the 14th November. There is a new structure in place with new terms of reference, policy and advice. They report through the Ministerial Group on Public Health.
 - o The 'Fitter Future for All' framework has been delayed due to budget constraints.
 - The UK coalition government is pressing ahead with the 'Public Health Responsibility Deal'. It covers issues related to lifestyle, workplace and health, food, physical activity, behaviour change and alcohol.
 - NI Annual Health Survey published on the 15th November with stark findings:
 - o 59% of adults were either overweight (36%) or obese (23%). A similar proportion of males and females were obese (23%), however males were more likely to be overweight (44%) than females (30%). Obesity was more prominent among the middle and older age groups than the younger age groups.
 - o Overall, 45% of respondents felt their weight was about right, 46% felt they were too heavy, and 5% felt they were too light. Seven percent of respondents who were assessed as obese felt that their weight was about right or too light. Forty-three percent of those assessed as overweight felt their weight was about right or too light. Of those assessed as being normal weight, 15% felt they were too heavy.
 - o Among children aged 2-15 years, 8% were assessed as being obese (8% boys and 9% girls). 27% were assessed as being overweight/obese.
- In all, the results demonstrate that obesity is still a public health challenge in NI.

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

A Special Action Group on Obesity (SAGO) has been established by the DOH. This is a small internal group with members of the DOH, HSE, **safe food** and others as needed. Minister O'Reilly has requested the minutes after each SAGO group meeting, which are collated into a report and has also requested that the group meet him on a regular basis. This group is working on a number of issues;

- Revised 'Healthy Eating Guidelines' and food pyramid are expected to be published by the end of 2011.
- Calorie posting in restaurants is voluntary at the moment, the minister wrote to fast food outlets across ROI to show what support would be offered to participating chains. 3 large chains are keen to participate.
- With regards to Traffic Light/Front of Pack labelling, the group are planning on working up a paper in the same format as the paper on the proposed tax/levy on sugar-sweetened beverages and send it to the Minister. It appears that the Department is waiting to see what happens in other EU countries (i.e. Keyhole scheme in Scandinavian countries) before it makes a move.
- Algorithms – The Irish College of General Practitioners and the HSE are in agreement in relation to algorithm for overweight and obesity in children and it will go ahead.

- Broadcasting Authority of Ireland (BAI) submissions were initially on SAGOs agenda. The BAI are now inviting 2 outside consultants to preview submissions from an evidence point of view. Will more than likely be completed by June 2012.
- Opportunistic Screening to detect childhood overweight and obesity to be considered.
- Treatment Centres – 3 are up and running (Loughlinstown, Galway and Connolly), 1 in the pipeline (Cork). The development of a children's centre is also being discussed.
- EU High Level Group on Nutrition and Physical Activity is part of the EU Strategy on Nutrition, Overweight and Obesity-related health issues. There are 3 meetings a year and the next will be at the end of November 2011. Commissioner Dalli is to attend this meeting with priority issues such as reformulation of Energy Providing Foods to be discussed.
- POST-primary guidelines to be finalised in the next few weeks, at the moment waiting on the revised food pyramid.

The issue of vending machines was raised and Ms McKay stated that while schools can be encouraged to introduce healthy eating policies and healthy options in vending machines, schools are privately managed institutions and so it is not considered worthwhile bringing in regulations when there is no way of enforcing them. A question on VM is to be included in the Growing Up in Ireland Study. It was agreed that there is a need for criteria for what food is served in schools.

Action Point 1: Presentation from Northern representatives at next AIOAF meeting.

Action Point 2: Ms O' Dwyer to find out when Post-primary school guidelines will be finalised and published.

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 ongoing in their organisation. Please find member updates in the attached document.

Mr Higgins thanked members for their contributions and highlighted the value of the preceding updates.

5. Topic for Discussion

Two discussion topics were previously put forward by Forum members. These included;

- Proposed tax on sugar-sweetened beverages (SSBs)
- Communication – strategy to involve all key players in the fight against obesity and how we could bet work together.

Key points and concerns emerging from the discussion around SSBs;

- The Department of Health have summarised an array of options available to them in a document which has been submitted to the Department of Finance.
- There was huge support from the Forum for the introduction of such a tax on SSBs. The dental association have backed the idea of a sugar tax. Dr Eldin also made it clear that the HSE are 100% behind this initiative and a tax on fat in all unhealthy foods in totality. The CEO of the HSE has written to the minister to inform him of this. It was generally agreed that we need this tax to act a signal to show the public and industry that we are serious about the issue of overweight and obesity.

- It would be important to ensure that such a tax/levy is shown to be protective as there is mounting evidence that such taxes and levies get more public support if it is seen that the generated income is put back into the health system.
- There is a need for evidence and research into what will/is being substituted for SSBs, i.e. low-sugar, diet, juice or water drinks.
- It was agreed that SSBs are a part of diet that the public can do without and so it will not impact greatly on different parts of society.

Action Point 3: Mr McClure to find out whether NI is considering such a tax

Action Point 4: Ms O' Dwyer to send Forum members a document outlining how options were put forward to Minister after they have been considered.

Action Point 5: safefood to conduct a survey among the public on attitudes to SSB tax via social media

Action Point 6: At next meeting translate commitments made by the Minister during his speech at UN meeting into action points.

Key points and concerns emerging from the discussion around communication;

- There is a need for a more consistent strategic approach and more open communication between relevant organisation and departments when it comes to tackling obesity.
- Need for organisations to link and collaborate in an effective way and act as a support for the minister.
- The OSPG was outlined as a possible mechanism whereby members can share and communicate different initiatives and campaigns. It was established in 2008 and has mix of relevant stakeholders - it has proven to involve everyone collectively.
- The North South Ministerial Council was also highlighted as a good vehicle to share work being done in the North and South as both departments feed into it. The next meeting is on the 1st December.

Action Point 7: Idea of writing to both Ministers with regards to the topics discussed today was put forward.

6. AOB

For the next workshop, topics such as school and workplace initiatives and the built environment were previously suggested. Ms Mulvihill suggested basing the next workshop on research, led by Barbara Livingstone, around physical activity versus diet and their impact on obesity.

As there was no further business the meeting concluded at 4.30pm.

Member Updates:

CAMPAIGNS:

Organisation	Name	Description	Link to more information:
Irish Heart Foundation	Irish Heart Month	Awareness raising campaign ran for the month of September. TV ad campaign targeted men in relation to heart attack symptoms supported by extensive media coverage and information material. National events to raise awareness of heart disease in men.	http://www.irishheart.ie/iopen24/irish-heart-month-2011-t-8_201_928.html
Nutrition and Health Foundation (NHF) and Restaurants Association of Ireland (RAI)	Kids Size Me	A joint initiative from the NHF and RAI on the provision of child size portions of adult meals in restaurants. The initiative aims to ensure children have access to healthier food options when dining out by making child size portions of adult meals available as an alternative to ordering from the standard children's menu.	http://www.nutritionandhealth.ie/Sectors/nhf/nhf.nsf/vPages/NHF_Initiatives~kids-size-me-initiative?OpenDocument
NHF in conjunction with the Union of Students of Ireland	Eat Smart Week	Healthy eating week 2011 focused on third level students. Easy and healthy recipes were developed by chef Kevin Dundon and disseminated through the Union of Students of Ireland.	http://www.nhfireland.ie/Sectors/NHF/nhf.nsf/vPages/NHF_Initiatives~eat-smart-week?OpenDocument
Diabetes Federation of Ireland	Diabetes Awareness	An ongoing campaign to raise awareness of the obesity link to increased risk of type 2 diabetes and the benefits of weight loss in the management of diabetes. Campaign included a health Supplement in the Irish Times 8 th November, Supplement with	http://www.diabetes.ie/

		Cork Examiner on November 12 th . Radio adverts in first week of November.	
safefood	Stop the Spread	The "Stop the Spread" campaign is a two-year, all island initiative by safefood and comprises television and radio advertising. The campaign encourages people to measure their waist and reflect on their own weight.	http://www.safefood.eu/Stop-The-Spread.aspx
	Weigh2Live	The Weigh2Live promotion focuses on free, independent advice for losing weight (and keeping it off) in a healthy, sustained way and forgetting about fad dieting. It also directs adults to the Weigh2Live weight loss website for practical advice and interactive tools. It was developed by safefood and INDI. Promotion of this resource is currently via web and booklet distribution.	http://weigh2live.safefood.eu/?ga_source=www.weigh2live.eu
	Little Steps	Developed by safefood and the Health Service Executive in collaboration with the Health Promotion Agency, Northern Ireland, "Little Steps Go a Long Way" is an awareness campaign aimed at tackling the serious problem of childhood overweight on the island of Ireland. Designed to help support and empower parents and guardians as healthy role models for children, the campaign aims to show that by adopting small changes, little steps, to food habits and physical activity it can have a big impact over time and lead to a healthier future. Promotion of this resource is currently via web and booklet distribution.	http://www.littlesteps.eu/

		healthier food choices and help them appreciate the benefits of a healthy environment	
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SCHOOL INITIATIVES:

Organisation	Name	Description	Link to more information:
Irish Heart Foundation	Ongoing programme in schools (Action for life)	Well-established health promotion programmes with increased demand for all programmes.	http://www.irishheart.ie/iopen24/health-programmes-t-8.html
safefood in collaboration with the Public Health Agency (PHA)	'Eat, Taste and Grow'	Two resources, 'Tastebuds' and 'From Field to Fork' were combined into one resource which is aimed at primary school children in NI. The central theme of the resource is food and it is designed to help children enjoy learning about the origins and production of food and the importance of eating a balanced diet and being physically active. This fun, interactive educational resource was launched in June 2011 and distributed to all primary schools in NI in September 2011.	http://www.safefood.eu/Education/Eat,-Taste-and-Grow.aspx
safefood and the Food Standards Agency (FSA) NI	Food Labelling Resource	safefood and the FSA NI are in the process of collaboratively updating both the safefood Food Labelling resource, 'How We Measure Up – Deciphering Food Labelling' and the FSAs labelling training PowerPoint presentation for schools. Both of these will be used as the basis of a combined safefood /FSA NI labelling education resource. This resource is aimed at GCSE and A-Level students in NI and is made up of three modules for each level. This resource is currently in the development phase and it is planned that it will be disseminated to	http://www.safefood.eu/Education/How-they-measure-up.aspx (currently being updated)

safefood and St Angelas College, Sligo	Takeaway My Way	all post-primary schools in NI in 2012. All-island initiative run in post primary schools and youth centres in both NI and ROI. It was run in 2011 and will be run again in 2012. The competition asks students to take the favourite takeaway dish and modify it to make it healthier. We are also asking students in 2012 to compare the price of their modified dish with the price of the dish from their local takeaway. The competition will be officially launched on November 29 th by Celebrity judge Nevin Maguire with the finals held in St Angelas College on the 12 th and 13 th March 2012.	http://www.safefood.eu/Education/Take-Away-My-Way-en/Tips---Advice.aspx
safefood	Sammy and Sally Grow Together	Sammy and Sally previously distributed by HHSSPS in NI and by safefood in ROI. safefood in collaboration with Bartletts Printers in the UK have developed a second book in the series called 'Sammy and Sally Grow Together'. This second book is to encourage pre-school children to learn about growing food. Two copies of this book along with one copy of the first book will be sent to all pre-schools across IOI. Cress seeds will also be sent with the books to encourage children to grow their own seeds.	
safefood	Tastebuds	Taste Buds aims to help children enjoy learning about the origins and production of food and the importance of eating a balanced diet. The interactive resource consists of eight sessions which help teachers deliver the Food and Nutrition Component of the Social Personal Health Education curriculum.	

<http://www.safefood.eu/Education/Tastebuds.aspx>

Public Health Agency	<p>Schools Food Forum</p> <p>Skip2bFit</p> <p>Updates to nutrition guidance</p>	<p>Ongoing work with partners includes the roll out of the 'Eat, Taste and Grow' resource, development of a regional healthy breaks scheme and a regional recipe book for schools</p> <p>Commissioned school based skipping initiative which promotes participation in physical activity.</p> <p>Updates to nutrition guidance for childcare settings (Nutrition Matters for the Early Years) and for nursing and residential homes are underway. Will be followed by associated training.</p>	
Food Standards Agency NI (FSA)	<p>Activ8 Eatwell</p> <p>Food Labelling Resource</p> <p>Nutrition training with Regional Colleges</p>	<p>The development of Activ8 Eatwell programme resources for Foundation and Key Stage 1 primary school pupils. Steering group established and have had one meeting to date, consisting of staff from FSA in NI and Sport NI to oversee this work. To date, Foundation Stage resources have been drafted and piloted.</p> <p>FSA in NI in partnership with safefood are producing a joint food labelling resource for GCSE and A level syllabus in relation to food labelling. This resource will update and amalgamate previous FSA and safefood food labelling resources for schools. Ongoing work to develop the resource between the dietary health and food standards teams, FSA in NI.</p> <p>All of the NI Regional Colleges are currently promoting a Professional Cookery Diploma (City and Guilds) as the course of choice for NI</p>	

		<p>catering students. One of the units within the Diploma operates as a standalone level 2 award in healthier food and special diets. This has recently been made a mandatory unit. FSA will support the production of support materials to assist tutors in the delivery of the level 2 award within the NI Regional Colleges. Draft materials to be developed within the autumn term 2011, with the aim of piloting these resources within the spring term 2012</p>	
Department of Education and Skills	SPHE (Social Personal and health Education)	<p>The SPHE programme is a mandatory part of the curriculum in primary schools and in the junior cycle.</p>	
	Primary Level	<p>One of the strand units 'Taking care of my body' specifically addresses the need for regular exercise and activity as well as the whole area of nutrition and food and the need for a balanced diet.</p>	
	Post Primary Level	<p>Media education is addressed as an integral part of the strand 'Myself and the Wider World'. This aims to enable children to become aware of the purpose and nature of advertising and to explore how marketing and advertising can influence behaviour and opinion. This is important in enabling children to be able to cope with advertisements which are targeted at them, particularly those for high fat and high sugar foods and drinks.</p> <p>Nutrition and physical activity are specifically addressed in the module on 'Physical Health'.</p>	

		<p>Cross-curricular links with other subjects that deal with SPHE-related topics—Home Economics, PE and Junior Science, for example—are encouraged.</p>	
	Physical Education (PE)	<p>PE is a core part of the curriculum in primary schools, and the programme has been developed on the basis of a provision of a minimum timeframe of at least 1 hour tuition per week.</p>	
	'Sport for All' Day	<p>The DES promotes the dedication of one day in the school year to encourage greater participation in sport at primary school level.</p>	
	Guidelines for Schools	<p>Food and Nutrition Guidelines for Pre-Schools, and Food and Nutrition Guidelines for Primary Schools were published by the Health Promotion Unit of the DOHC. Guidelines for Developing a Healthy Eating Policy in Post Primary Schools were developed in conjunction with the DOH and are expected to be published later this year.</p>	
	School Completion Programme	<p>The majority of schools currently participating in the School Completion Programme operate breakfast clubs or other meal provision in accordance with the Nutritional Guidelines.</p>	
	Active School Awards	<p>The Active School Flag was launched by the Department in 2009. It is a non-competitive initiative</p>	

		which seeks to recognise schools (both primary and post primary) that provide quality PE, co-curricular physical activity and sports programmes for their students.	
Ulster Cancer Foundation	<p>Genevieve Pre-school programme</p> <p>80 Genevieve visits took place in nursery and primary schools. 90 schools have registered for visits this academic year and these are currently taking place.</p> <p>Fit Factor</p>	<p>Diet and physical activity programme for Pre-school and key stage 1 Primary School children. Specifically designed early years reader, information tools and teachers pack plus visits facilitated from Genevieve.</p> <p>The Fit Factor, supported by Lidl, has been included as part of the Schools Health Education Package. 65 schools (Primary 3 and 4 classes) took part in this element of the package</p>	http://www.genevieveni.net/

WORKPLACE INITIATIVES

Organisation	Name	Description	Link to more information:
Irish Heart Foundation	Ongoing programme in workplaces (Happy Heart at Work)	Well-established health promotion programmes with increased demand for all programmes.	http://www.irishheart.ie/iopen24/health-programmes-t-8.html
University College Cork	'Food Choice at Work Study'	This is a non-randomised controlled trial of two large tertiary referral public sector hospitals, one of which will implement a modified dietary intervention focused on reducing fat, sugar and salt intakes during 12 months of follow up. Stakeholders in both hospitals (health	In the planning stage with a view to beginning the initiative in early 2012.

		<p>promotion representatives, dietician manager, catering manager) and the research team are working in unison to design the complex intervention.</p> <p>The 'Food Choice at Work Study' is Ireland's first experimental challenge focused on reducing the multi-dimensional burden of diet-related disease in a general population.</p>	
Food Standards Agency NI (FSA)	Farmers Health Challenge	The Farmers Health Challenge is a 12 week physical activity and healthy eating programme funded and co-ordinated by the Northern Health and Social Care Trust in partnership with the Ulster Farmers Union. FSA in NI has been asked to provide nutritional information and advice for the pilot programme. The pilot programme will run over 12 weeks within Maghera Leisure Centre. FSA will provide a workshop on a selection of nutrition topics at 4 of the 12 sessions. 15 farmers have registered for the programme which will commence Monday 10 th October.	
Irish Cancer Society Health Promotion Department	Healthy for Business Programme	This workplace health promotion programme provides a range of services companies and employees incorporating information provision, health education, cancer prevention and health promotion programmes.	http://www.cancer.ie/healthyforbusiness/

COMMUNITY INITIATIVES

Organisation	Name	Description	Link to more information:
Irish Heart Foundation	Slí na Sláinte	Well-established health promotion programmes with increased demand for all programmes.	http://www.irishheart.ie/iopen24/health-programmes-t-8.html

Diabetes Federation Ireland	Health Promotion	Diabetes risk assessment using a pen and paper exercise, diabetes screening for high risk and targeted information for healthy lifestyle behaviour to those with risk factors.	http://www.diabetes.ie/?s=workplace
Public Health Agency	Community based nutrition education programmes	Further development of the Cook It! Programme – updated core resource, development for use with BME groups and evaluation of pilot for using the resource with the learning disabled.	
Food Standards Agency NI (FSA)	The Display of Calorie Labelling	The FSA is working on the development of a pilot calorie labelling project. A meeting with food businesses took place on Tuesday 25 th October. FSA, Loughry College and representatives from industry shared views on this issue at the meeting. The pilot programme will be developed following this discussion.	
Ulster Cancer Foundation	Weight management in the community Male Quick Fit	Mixed adult group 8 week sessions including initial and final body composition measurement and information session for adults; supporting weight control and cancer/health info. Supported social integration of clients and ongoing pa – walks etc Body composition measurement with rapid overview of effects of lack of activity and benefits of PA including YouTube video use – referral to community sport / PA support and 3 month return for body composition remeasure	

Irish Cancer Society	Community Health Education programme (CHEP)	CHEP is a lay health awareness programme training volunteers from all walks of life, to raise awareness in their communities of how to reduce your risk of cancer (and other non communicable diseases) by up to 50% through making health lifestyle choices. 40 volunteers trained in Dublin and Munster in 2011. Training in Connacht and in Dublin/North east in 2012.	
Health Service Executive (HSE)	Get Ireland Active	The HSE re-modelled www.getirelandactive.ie , launched in October 2011 and is a one-stop shop for the promotion of physical activity (both competitive & recreational) and increased participation. It provides an interactive map of Ireland which lists activities by county and type of activity. Organisations and clubs can post their activities on the site free of charge once their event has been approved by the sites moderators (Local LSP Co-ordinators & working group partner organisations).	http://www.getirelandactive.ie/
Irish Sports Council (ISC)	Operation Transformation An Póst Cycle Series,	The ISC were involved with Operation Transformation this year by running different events with LSP, they will also be part of the next series. Continuing involvement with An Póst; the number of participants in the series has increased significantly over the last two years. Seán Kelly is the ambassador for the Series. Numbers have more than doubled since the inaugural year.	

FOOD POVERTY

Organisation	Name	Description	Link to more information
Irish Heart Foundation	Happy Heart Healthy Eating Award – ongoing	A number of Community Training Centres (funded by FÁS for early school leavers) have been certified/ recertified with the award.	http://www.irishheart.ie/iopen24/-t-8_197_198_203.html
safefood	<p>NI Food Poverty network (NIFPN)</p> <p>Food on a low income – four households tell their story</p> <p>Demonstration Programme Of Community Food Initiatives (CFIs)</p>	<p>safefood continues to be involved in NIFPN and the focus of the network at the moment is on developing food poverty indicators for the island of Ireland. NIFPN has engaged with a range of stakeholders on IOI on the issue and has developed a discussion document with three different food poverty indicators. There are plans to proceed with developing one of the indicators – an expenditure based measure, in the coming months.</p> <p>New safefood funded research 'Food on a low income – four households tell their story' was launched on November 2nd in NICVA, Belfast. This research looked at the experience of four different household groups (lone parents with young children, single men, older people and two parent households with children) of food on a low income. The report is available on the safefood website.</p> <p>The safefood funded CFIs continue to gain momentum. The evaluation of the CFIs is ongoing. It is evident from the evaluation to date that all CFIs have achieved more than they set out to. Food growing has been a common activity among all projects and each project has</p>	<p>http://www.safefood.eu/getattachment/Home/Full-report---Food-on-a-low-income.pdf.aspx</p> <p>http://www.safefood.eu/Professional/Networks/Food-Poverty/Demonstration-Programme-of-Community-Food-Initiati.aspx</p>

<p>safefood and MABS, HSE</p>	<p>Healthy Food for All (HFfA)</p>	<p>taken a much broader focus on health rather than just nutrition. Currently there is a focus to ensure the sustainability of the CFIs once the funding period ends at the end of 2012. Networking events around sustainability are being held involving all of the CFIs.</p> <p>The governance structures of HFfA have changed. The management committee has been replaced by a much smaller operational group to oversee the day to day work of the organisation. The advisory committee has been replaced by an Advisory Board comprising of a broad range of expertise. The Board will be supported by a number of sub groups focusing on specific areas such as finance, communications and CFIs. The CFI sub-group will act as a support for the Demonstration Programme. safefood are represented on both the Advisory Board and also the CFI sub-group. HFfA have also taken on a new employee and she joins them as a support worker to promote the Good Practice Guides for Community Food Initiatives (IOI) and School Food Initiatives (ROI). She will also be supporting HFfA's work with Breakfast Clubs.</p>	<p>http://www.healthyfoodforall.com/</p> <p>http://www.mabs.ie/publications/Resources%20for%20education/101_Sq_Meals.pdf</p>
	<p>101+ Square Meals</p>	<p>Designed to encourage healthy eating on a budget, "101+ Square Meals" was initially developed in 1998 by the HSE and MABS. Currently being reprinted with the assistance of safefood. Working with the PHA to adapt the resource for NI.</p>	

HEALTH SERVICES

Organisation	Name	Description	Link to more information:
NI Board of the British Dietetic Association	Dietitians in Public Health Leaflet update	Updating of existing leaflet highlighting dietitians working in a public health capacity in NI. Aimed at informing stakeholders of the role of the Public health dietitian with local case studies/examples of good practice.	
	Obesity Management	With the impending publication in NI of 'A Fitter Future for All', the NI board are highlighting key areas for action once the document is launched. The board is actively developing links with other stakeholders such as Diabetes UK, British Heart Foundation, Long Term Conditions Alliance, DOM UK and the All-island Obesity Action Forum and seeking to raise profile of the important role of dietitians in the management of obesity and particularly as co-ordinators of work in this area.	
Public Health Agency	Health Promoting Hospitals	Ongoing work with partner organisations to review practices and policies for catering and vending within health sector workplaces	
	Raphael Project	Promotes use of policies to support procurement of safe, sustainable food.	
Health Service Executive (HSE)	ICGP Exercise Referral Scheme.	An ICGP exercise referral scheme paper is to be published over the coming months.	
	Healthy Weight Management Guidelines for Before,	These guidelines have been developed by an expert group and have been sent to the Quality in Practice Committee of the Irish College of	

	During & After Pregnancy.	General Practitioners (ICGP) for feedback. It is planned to finalise them and disseminate them by March 2012.	
	Weight Management Treatment Algorithm for Children	This algorithm has been approved by the Faculty of Paediatrics and the HSE and awaits final sign off from ICGP by year end.	

RESEARCH AND EVIDENCE BASED ACTIVITIES

Organisation	Name	Description	Link to more information:
Irish Heart Foundation	Parental poll of attitudes on TV food advertising to children	Red C poll funded by IHF, National Youth Council of Ireland and Children's Rights Alliance commissioned as part of submission to the Broadcasting Authority of Ireland's consultation on the Children's Commercial Communications Code. Over half of Irish parents support a ban on advertising unhealthy foods to children before 9pm with a further 20% or 1 in 5 supporting a complete ban.	http://www.irishheart.ie/iopen24/marketing-unhealthy-foods-children-t-38_263.html
Nutrition and Health Foundation (NHF)	'Life Skills' Module	<p>NHF are partial funders of a PhD looking at the development of a module for new entry level students that focuses on nutrition and healthy eating, physical activity, healthy lifestyles, budgeting, cooking and coping skills etc. This project is in its infancy.</p> <p>This two-year project, started in February 2010 and being co-ordinated by the British Nutrition Foundation, will involve: the development of a pan-European food competence framework for</p>	

NHF	European Food framework Study	<p>children and young people aged 5-16 years which is culturally targeted into a number of key European Countries. The framework will provide a consistent, up-to-date and accurate (evidence based) consensus, supporting all involved in food education, whether part of the formal school curriculum or not. The framework will focus on diet (food and drink), active lifestyles and energy balance.</p> <p>Pilot studies are currently underway in the UK. Austria, Malta, Spain and a European Wide case study is also being conducted.</p>	<p>http://www.ibec.ie/Sectors/NHF/nhf.nsf/vPages/NHF_Initiatives~european-food-framework-study?OpenDocument</p> <p>http://www.europeanfoodframework.eu/</p>
Diabetes Federation of Ireland	Funded Research	A 3 year funded study looking at the Adipocyte Size and Type 2 Diabetes in Obesity – A study of Patients undergoing Bariatric Surgery.	http://www.diabetesresearch.ie/iopen24/2009-t-4_19.html
University College Cork	Childhood Obesity in Ireland: recent trends and determinants at the individual and ecological level.	<p>This is a school based cross-sectional study due to begin early 2012. One thousand 9-year old children will be recruited. The aim will be:</p> <ol style="list-style-type: none"> 1. To assess the prevalence of childhood overweight and obesity based on objectively measured BMI, body fat and waist circumference cut-off points. 2. To assess the energy gap (between energy input and energy expenditure) in 9-year old children by objectively measuring food intake and energy expenditure. 3. To estimate salt intake in 9-year old children 	http://www.nationalchildrensresearchcentre.ie/project/view/35

safefood	<p>safefood funded – research projects ongoing and due for completion in 2012.</p> <p>Due for completion in 2013.</p>	<p>Family eating out events 'outside of the home (2010-2012)</p> <p>Health Professionals Attitude towards weight.</p> <p>Early School Leavers: a needs assessment from a nutrition perspective</p> <p>Good days and bad days: an investigation of the habits of shoppers when they do or don't buy healthy foods (2010-2011)</p> <p>Nutrition Take Out Series (2010-2012)</p> <p>Economic Cost of Obesity on IOI.</p> <p>Consumer understanding of food portion sizes.</p>	<p>http://fspbweb1/safefood/?TabId=76</p>
Food Safety Authority of Ireland	Dietary Guidelines	<p>Two scientific papers published in Public Health Nutrition on development of Healthy Eating Guidelines in Ireland</p> <p>Report published in Scientific Recommendations for Healthy Eating Guidelines in Ireland</p>	<p>http://www.bioportfolio.com/resources/pmarticle/229474/Revision-OF-Food-based-Dietary-Guidelines-For-Ireland-Phase-1-Evaluation-Of.html</p> <p>http://www.ncbi.nlm.nih.gov/pubmed/21914254</p> <p>http://www.fsai.ie/search-results.html?searchString=Healthy%20Eating%20guidelines</p>

Public Health Agency	Awareness raising	A piece of research has been commissioned to inform the development of a longer term public information campaign	
Food Standards Agency NI (FSA)	Research into Health Eating Messages Evaluation of Student Survivor Guide	This research will explore disparities in perception of what a healthy balanced diet looks like. Previous research has suggested health professionals and consumers perceive, promote and understand healthy eating differently. The NI sample will provide valuable information for developing effective healthy eating messages. Ipsos Mori will carry out the work. Fieldwork commenced 6 th October. The FSA will carry out a comprehensive independent evaluation of the Student survival Guide resource for school leavers. The contract for this work will be awarded shortly and fieldwork will commence in January 2012.	
Department of Education and Skills	Lifeskills Survey	In 2008 the Department carried out a survey to establish policy and practice in relation to nutrition, exercise, health, growing up, bullying and other aspects of the SPHE programme.	
Irish Cancer Society Health promotion Department	Physical Activity Programme	This 1 year physical activity programme has been designed for Breast and Bowel cancer survivors to improve their levels of physical fitness and overall quality of life. The programme results to date have been significant.	http://www.cancer.ie/prevention/physical_activity_programme.php
Health Service Executive (HSE)	WHO - European Childhood Obesity surveillance Initiative: Ireland.	This involves growth surveillance of a national sample of 2400 primary school children from 163 schools. The first round took place in partnership with the DOHC in 2008 and carried out surveillance of 7 year olds. Round 2 in 2010,	

	<p>Parents Attitudes on Measuring Childs weight</p>	<p>commissioned by the HSE involved measurement of a new cohort of 7 year olds and re-measurement of the now 9 year olds. A report will issue shortly. Round 3 in 2012 will provide data on 7, 9, & 11 year olds. The National Nutritional Surveillance Centre, UCD carry out this surveillance on the HSE's behalf as part of the implementation of the HSE Framework for Action on Obesity 2008 - 2012.</p> <p>A report on the attitudes of parents in relation to measuring the weight of their children will also be published over the coming months.</p>	
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