



**Paper for information: Government Updates on Nutrition  
Related Activities  
FSA**

**Agenda Item: 6**

Please see attached paper for information.

### **National Diet and Nutrition Survey**

- 1) Pilot work for the NDNS rolling programme began in April 2007. The pilot study will compare two alternative dietary assessment methods – the multiple pass 24 hour recall repeated on 4 non-consecutive days and a 4 day un-weighed diary to decide on the most appropriate method for use in the rolling programme. If the pilot study is successful, fieldwork for the core rolling programme should commence in April 2008. Results would then begin to become available from late 2009. The core rolling programme will comprise a sample of 1000 people per year covering all ages from 1½ years upwards and be representative of the UK including Northern Ireland. The Agency is setting up a Project Board to oversee the management of the survey. A representative from the SACN sub-group on the NDNS will be invited to join the Project Board.

### **Low Income Diet and Nutrition Survey**

- 2) Publication of the report of the survey of low income/materially deprived consumers (covering both adults and children) is now expected in summer 2007.

### **Salt Work**

- 3) The Agency is committed to reducing salt intakes and has agreed, in line with SACN recommendations, a long-term aim to achieve the average salt intake of 6g for adults by 2010.

### Salt Reduction Targets and Self Reporting Framework

- 4) With voluntary salt reduction targets in place since March 2006, the Agency has been working to develop an annual voluntary self-reporting framework for industry, which will be one method of measuring industry progress towards meeting these targets. Ultimately, the data collected needs to provide sufficient information to enable the Agency to track progress towards achieving the targets without imposing an excessive administrative burden on industry.
- 5) Following discussions with a range of stakeholders, during the second half of 2006, information on the Agency's intended approach to the framework, as well as a data collection tool and guidelines for completion, have been developed taking into account the points and issues raised during these discussions. These documents were circulated to interested parties earlier this year as part of an informal consultation. Thirty (30) responses were received by the end of the consultation period, and the Agency has since been considering the variety of comments made on the all aspects of the consultation. As a result, various changes are being made to the guidelines and data collection tool with the aim of publishing these in due course. The first set of data collection will take place over the next few months and will be published on the Agency website later in the year.

### Public Awareness

- 6) The Agency launched a major public health campaign on salt in 2004 with a supporting salt website ([www.salt.gov.uk](http://www.salt.gov.uk)). Phase 3 of the campaign was launched on the 19<sup>th</sup> March 2007 and, as with phases 1 and 2, was targeted at women aged 35-65 in the C1C2D category. The key campaign messages focused on informing

consumers that 75% of the salt we eat is already in everyday foods; as well as encouraging and enabling them to check the label and choose options with lower levels of salt. In order to ensure that consumers felt that the messaging applied to them, four everyday foods were featured in the campaign - ready meals, pasta sauces, sandwiches and pizzas.

- 7) The campaign used a number of mechanisms to get these messages across, including a 6-week TV campaign, 6-sheet posters outside supermarkets and posters on bus sides, women's press advertising and campaign support materials, and the salt website was updated.
- 8) As with phase 2 of the campaign, a variety of joint work with stakeholders has also been undertaken to ensure that messages reach a wider audience. This has included work by a number of retailers to highlight key campaign messages instore; and Nestle will be featuring a salt message on packs of Shredded Wheat, Shredded Wheat Bitesize and Shreddies in July. Activity with seven organisations, including some from the voluntary and community sector, who have received grants from the FSA to target specific hard to reach audiences has commenced and will be delivered by end March 2008. In addition, the Agency is working with a further 6 NGOs to expand the salt campaign messages. These include, for example, the NFWI, NetMums and the Men's Health Forum.
- 9) The Agency will be carrying out the final stages of its evaluation work in early May awareness of key campaign messages is assessed before, during and after the campaign. It is hoped that the results will be received by early June.

#### Monitoring progress

- 10) Results from the survey of salt intake in adults aged 19-64 years in England, Scotland and Wales carried out in 2005/06 were also published on the 19<sup>th</sup> March, with the data showing a reduction in average salt intakes of 0.5g to a level of 9g/day. This is a small but significant reduction and illustrates that while some progress has been made, more work is required to achieve the goal of reducing average intakes to 6g. Results for Northern Ireland are not yet available. A further survey covering the UK is planned for 2007/08.
- 11) The Agency published in July 2006 the first set of data for its 'processed food databank'. The databank was designed as a reference tool to provide indicative information on levels of sodium, fat, sugar and a range of other nutrients in processed foods from data collected from the labels of around 1000 products bought in the UK between December 2004 and February 2005. A second sampling round repeating and extending the earlier round has now been completed. Data are currently being compiled and will be published in due course. The databank can be accessed via the Agency's website at: <http://www.food.gov.uk/science/surveillance/fsisbranch2006/fsis1306>

#### **Addressing saturated fat and energy in the nation's diet**

- 12) The Agency's Strategic Plan to 2010 includes objectives to work with health departments to reduce saturated fat intakes from 13.4% to 11% of food energy by 2010 (for everyone from age 5 upwards) and to address energy imbalance. The

Choosing Health White Paper includes a commitment to reduce fat and sugar levels in processed foods.

13) The Agency published its draft programme to help reduce saturated fat levels in the population's diet and address the current calorie in/energy out imbalance on 27 March 2007, to coincide with the third phase of the salt campaign.

14) The Agency's draft programme has been developed following extensive discussion with a wide range of stakeholders, including many food-industry organisations. It acknowledges progress already achieved, highlights some of work already underway and proposes further action.

15) The draft programme comprises of four prongs which are:

- Making people more aware and improving understanding of healthy eating, particularly the effects of too much saturated fat on health;
- Encouraging manufacturers to increase availability of smaller portion sizes as an alternative to standard;
- Encouraging wider availability of healthier alternatives to mainstream foods and promoting their uptake by consumers; and
- Encouraging the food industry to consider their product recipes to reduce saturated fat, total fat and added sugars, where possible.

16) We are consulting with stakeholders on the draft programme for 12 weeks until 19 June. Comments received will be considered in the development of the final programme.

### **Communications strategy for encouraging behaviour change among teenagers in 2007 – Sugar Magazine**

17) The Agency continues to provide consumer-facing information through the Agency's websites and lifestage leaflets. In addition, to help support, influence and encourage teenage girls to improve their eating habits, the Food Standards Agency is working closely with Sugar Magazine (a magazine aimed at teenage girls). This involves giving tips and advice to teenagers about eating well and being healthy, making it relevant and practical to follow. Since the previous report of activity this work has delivered 3 magazine features and a live web chat that attracted a large audience of teenage girls. Further magazine features, on-line activity and web chat activity continues.

### **New research under the Food Choice Inequalities (N14) Programme**

18) The Agency has recently commissioned a research project to implement and evaluate a pilot Health Challenge Programme with children, young people, their families and the wider community in schools.

- 19) The pilot Health Challenge Programme is a structured intervention delivered over 4 weeks where participants are invited to choose at least 2 and up to 3 'pledges' that they would like to work towards to improve their health and well-being. The first 2 'pledges' must relate to healthy eating and physical activity respectively. The third 'pledge' can relate to any aspect of their health and well-being. All participants will keep a written diary and are provided with information beforehand and support throughout the intervention. They report back at the end of 4 weeks on how their personal health challenge has gone, submit the feedback form in the back of their diaries and participate in a 6-month evaluation process.
- 20) The project will promote and be delivered within the context of a whole school approach and work under the banner of the National Healthy Schools Programme and Food in Schools Programme as well as key national health and well-being initiatives in the Government Office South East Region.
- 21) The research is being carried out by the National Children's Bureau and the final report is due in January 2009.

### **School Meals**

- 22) The Agency continues to provide expert nutritional advice to DfES and the School Food Trust on issues relating to the new food and nutrient standards.
- 23) In partnership with the National Governors Association, and with input from the School Food Trust, DfES and Healthy School leads at the Department for Health, the Food Standards Agency is updating the Food Policy in Schools – A Strategic Policy Framework for School Governing Bodies resource. The key focus of this document is to ensure School Governors are equipped with the necessary information to implement the new food and nutrition standards and are able to develop robust health and nutrition policies for their schools. The revised document will be available in the Summer.

### **School Caterers Qualifications**

- 24) Work continues on developing the School Caterers Qualifications and the next steps are to update the Level 1 qualification training materials to reflect the new school meal standards. FSA and DfES have commissioned People 1st (Sector Skills Agency for hospitality and catering sector) to develop NVQ units, at level 2 & 3, aimed at up-skilling school catering staff as part of the Support Work in Schools qualification (SWiS). Level 2 units, available now, cover food safety and how to prepare, cook and finish healthier dishes. Supporting resources include a DVD and recipe book

### **Cooking and Food Skills!**

- 25) The roll out of What's Cooking? (formerly known as Cook-It) is well under way with 92 clubs on board across North East England. Clubs will be running between September 2006 and August 2007. A website has been developed for What's cooking? clubs in NE and contains club case studies. EdComs, who have been commissioned to conduct an independent evaluation of the project, have started

collecting feedback from clubs, club coordinators and Local Authority leads. This continuous evaluation will continue on until the end of 2007.

- 26) The Agency continues to advise the SFT as they develop their approaches to cooking skills as part of the Big Lottery fund bid.
- 27) The Agency has commissioned the British Nutrition Foundation (BNF) to develop our existing food competencies for children and young people so that we have a consensus view on the food skills and knowledge that young people should know and be able to apply by the ages of 7-9, 11-12, 14 and 16 plus. Following input from a range of stakeholders, the competencies were published for public consultation on 22 May 2007.

### **Packed Lunch Menus**

- 28) The Agency has published its new and revised 'Packed Lunch Menus' for 5-8 and 9-12 year olds. The menus have been developed so that, over the course of the week, they meet the minimum nutrition standards for school lunches. The menus and accompanying advice are available on [eatwell.gov.uk](http://eatwell.gov.uk)

### **Institutions**

- 29) The Agency is developing nutritional guidance for major institutions. Work is underway to develop nutrient and food based guidance for institutions which will support cross-Government action on diet and food procurement. Example menus will also be developed to assist caterers achieve this guidance. The Agency in Scotland is also working with the Scottish Executive on public sector catering guidance (see update below).
- 30) The Agency's guidance for food served to older people in residential care has fed into discussions with the DH social care team on food provision in institutions and attended a Ministerial-led summit in March 2007. The report of the summit has been published on the Department of Health website at:  
  
<http://www.dh.gov.uk/en/Policyandguidance/Healthandsocialcaretopics/Socialcare/Dignityincare/index.htm>
- 31) The Agency will be attending a further summit on older people care standards in July 2007.
- 32) The Agency anticipates finalising the guidance for those providing food to adults in major institutions in the near future, but the exact timing for publication has not yet been decided.

### **Update on Signpost Labelling**

- 33) When the Agency published its front of pack nutritional signpost labelling technical guidance, it committed to undertake further consumer research to gain an understanding of consumers' views on how they would like nutritional

information for breakfast cereals to be presented, particularly in relation to sugars and muesli type cereals which contain high levels of fruit. The Agency expects to publish the final research report shortly. The results from this report will be considered by a small technical working group and be used to inform development of the signposting criteria for breakfast cereals.

- 34) Further promotional and educational materials on 'traffic light' signpost labelling have been published by the Agency to help encourage consumers to use signposting information wisely to make healthier choices, and to re-enforce existing advice about choosing a varied and balanced diet. A media campaign ran from the end of January and throughout February comprising of television commercials, press articles in national papers and women's weekly titles, as well as 6 sheet posters outside supermarkets and bus side posters in all major UK conurbations. A signposting leaflet will be available to consumers shortly. Consumer awareness of this activity is being monitored. The Agency's approach has also featured in a number of recent health professionals' journals, for example Network Health Dieticians.
- 35) Work to progress the Agency's Board commitment to independently assess the impact of its recommended approach to front-of-pack signpost labelling, and other front of pack key nutrient schemes that are in use, on consumer behaviour and knowledge is underway. This project is being directed by a small independent management panel comprising representatives with expertise in market research, nutrition and social science. Further details of this work can be found at <http://www.food.gov.uk/foodlabelling/signposting/signpostevaluation/>

### **Promotion of foods to children**

- 36) Ofcom, the broadcast regulator, introduced new restrictions for TV advertising of food and drink high in fat, salt and sugar (HFSS) to children from pre-school age to under 16 in February 2007. The new scheduling restrictions will use the Agency's nutrient profiling (NP) model to differentiate between HFSS and non HFSS foods discussed by the SACN at its meeting in October 2005 (SACN/05/27). Work is underway to deliver the FSA Board's commitment to review the impact of the NP model after a year of use to see how it works in practice. The review will consider changes in foods advertised to children and the views of all interested parties. Following this consultation, SACN's comment on the review panel's recommendations will be sought. Further details can be found at <http://www.food.gov.uk/news/newsarchive/2007/may/nutprofilereview>

### **Recasting of the current European Legislation on Infant Formula and Follow-on Formula**

- 37) The Agency expects to be in a position to formally consult with all stakeholders, including SACN, on new draft Infant Formula and Follow on Formula (England) Regulations which will implement European Commission Directive 2006/141/EC shortly. The new Regulations will revoke and replace, in England, the existing Infant Formula and Follow on Formula Regulations 1995. Stakeholders will be notified should any amendments be made to the draft Regulations before they are

finalised. The Regulations will be subject to Ministerial approval and should come into force on 1 January 2008.

### **Goat milk protein infant nutrition products**

38) The Agency has secured the withdrawal of all known infant nutrition products based on goats' milk protein which had been marketed in breach of the UK Infant Formula and Follow-on Formula Regulations. Manufacturers have taken action to ensure compliance with the infant formula legislation by either repositioning their products as foodstuffs for general consumption or by removing the products from sale in the UK. The UK Health Departments continue to advise that health care professionals inform mothers that infant milks based on goats' milk protein are not suitable as a source of nutrition for infants and are not available in the UK.

## **Update FSA Wales**

### **Food and Well Being Review**

- 1) The Food and Well Being Implementation and Monitoring Working Group met recently to discuss Warwick University's draft Food and Well Being Mid-term report. The report is in its final stages of preparation and a summary will be made available in time for detailed discussions by stakeholders at the annual national conferences in North and South Wales on 14 and 26 June 2007, respectively.
- 2) The conferences also provide an opportunity to learn about the Welsh Assembly Government's forthcoming 'Quality of Food 'strategy and well as updates on the Nutrition Network for Wales, national policies, strategies and nutrition projects. There will also be presentations to the winners of the 2006 Action For Food Locally (AFAL) awards.

### **Healthy Options Award**

- 3) A year long pilot of the all -Wales Healthy Options Award was launched by the Assembly Minister for Health and Social Services at an Chartered Institute for Environmental Health Wales (CIEHW) event on 28 February 2007. An external contractor will now be commissioned to evaluate the pilot , with the aim of launching the formal award from April 2008.

### **Curriculum Review**

- 4) The Food and Well Being Monitoring and Working Group responded to the consultation on the school curriculum in Wales, supporting recommendations that food education, including practical cooking skills, be compulsory at Ks 2 and 3.

### **Update FSA Scotland**

- 1) Following the Report (and recommendations) of the Working Group on Monitoring Scottish Dietary Targets, the following projects been commissioned by FSAS Science Branch and are currently underway:

### **Secondary Analysis of Existing Data**

#### **Review of progress made towards the Scottish Dietary Targets using existing data sets**

- 2) The first phase of this work was completed in November 2005 and was presented to both the Food and Health Council and to the Scottish Diet Action Plan Review Panel in December. Reflecting the SEHD priority to reduce health inequalities in Scotland, the project was extended to include analysis of the Scottish Expenditure and Food Survey data on food and nutrients in relation to the Scottish Index of Multiple Deprivation (SIMD). The report was published on the Agency's web site in September 2007 coinciding with the publication of the Scottish Diet Action Plan Review Report.
- 3) A second phase of this work is now underway to continue the work above, encompassing data from both the Expenditure and Food Survey (EFS) and the Scottish Health Survey. One project, which began in March 2007, is using an already established and robust methodology to examine food and nutrient intakes from the EFS (2001-2007) and comparing this with dietary targets. In addition it will examine differences in diet, food groups and nutrients by quintile of socioeconomic group and area of residence.
- 4) The other project which began in April 2007 will carry out secondary analysis of the Scottish Health Survey 2003 and the EFS 2001-2004 to derive and interpret dietary patterns within the current Scottish Diet using a) Principal Component Analysis (PCA) and b) a Diet Quality Index. The association between dietary patterns and demographic, lifestyle behaviours and health outcomes will be assessed using appropriate multivariate analysis techniques and adjusting for confounding.

### **Intake of Non Milk Extrinsic Sugars (NMES) by Scottish School Children**

- 5) This survey began in December 2005 after extensive negotiations around finding a suitable data set from which to draw the sample. Eventually permission was granted from the Department of Work and Pensions to allow us access to Child Benefit Records.
  - The dietary assessment methodology includes a combination of Food Frequency Questionnaires, Diet Diaries and 24 hour recall and will provide information on NMES, as well as other nutrients of interest in relation to children diets in Scotland.
  - Field work for the main study was completed on 8<sup>th</sup> September 06.
  - Data has been coded and analysis is complete.

- Final Report due June 07

### **Dietary Sodium Intake of the Scottish population estimated by urinary sodium excretion**

- 6) This survey, which started in February 2006, will provide information to measure progress towards the Scottish Dietary Targets as well as information that can be fed into UK measurement of progress towards the FSA strategic plan target to reduce dietary salt intake.
  - This project is identical to the study being carried out by FSA in England but with additional spot urine samples being carried out in Scotland.
  - The final report is now complete and has been published on the FSA website

### **The following research project, unrelated to the Scottish Dietary Targets, is currently underway:**

#### **Food Access**

- 7) This project is designed to provide a retail map of access to affordable and healthy food across Scotland using a combination of GIS mapping and a newly developed Healthy Indicator Shopping Basket Tool for Scotland.
  - The survey field work and data analysis is complete.
  - The project outputs include a national assessment of retail mapping across Scotland using case study sites.
  - A draft final report from the project is currently in the final stages of preparation and will shortly be going out for peer review.

#### **School Food**

- 8) The Agency continues to be involved in the development of the mandatory nutritional standards for schools in Scotland.
- 9) The Expert-Working Group which was set up by the Scottish Executive Education Department (SEED) to draw up the nutritional standards for regulation, is due to re-convene on 5 June to discuss issues that were raised by the previous Education Minister and by industry. As part of the Expert Working Group, the Agency is playing a key role in preparing the paper for discussion at this meeting.
- 10) FSAS continues to be involved in the preparation of guidance to support all those involved in the provision of food and drink within schools. A final draft will be submitted to SEED by mid 2007.

#### **Prison Food**

- 11) FSAS have prepared a new document entitled 'Nutrient and Food Standards for the Scottish Prison Service'. The development of these standards is part of a wider ongoing process to support healthy eating and healthy choices across the public sector. The Scottish Prison Service caters for approximately 7,000 prisoners a day

in 16 different locations. This document reiterates and extends the food based commitments already made by the SPS in 2002 by proposing nutrient and food based standards and providing example menus.

- 12) The Nutrient Standards will ensure that the provision of food meets the majority of the prison population's energy and nutrient requirements to meet target Government recommendations. The Food Standards will ensure that menus meet government guidelines for intakes of fruit and vegetables and fish in the Scottish population. Menu planning guidance on food based approaches which reflect the Nutrient Standards, have also been provided to assist caterers in achieving the standards. Two weeks of example menus which meet the Food and Nutrient Standards have also been developed to include foods and dishes already provided or close to current provision through close consultation with the SPS.
- 13) The second draft document has been circulated to the steering group (The Good Food Group), and presented to the prison catering managers. The costs for the healthier menus are higher than the existing budget however. FSAS are working with the SPS catering managers, the Good Food Group and FM Consultants on a staged process towards full implementation of the guidance.

### **Cook-it! Resource**

#### **What's Cooking Resource**

- 14) Previously known as Cook-it!, this resource is intended as a guide to setting up and running Community and School Food Clubs. This resource will be piloted in Scotland early 2007 across 4 Local Authorities within school and community settings.

#### **Food hygiene, healthy eating & fitness initiative in Primary schools**

- 15) Following a successful pilot with Aberdeen Football Club earlier in 2006, FSA Scotland has now begun Phase 2 of this project for Primary 3 & 4 pupils (pupils aged 7 & 8), combining food hygiene, healthy eating and fitness activities
- 16) For Phase 2, FSA Scotland has linked with both Aberdeen Football Club and Active Schools (a SportScotland initiative) to deliver the project to 40 schools across Aberdeen City and Aberdeenshire. Aberdeen Football Club is again providing fitness activities through their community coaches with Active Schools co-ordinators for Aberdeen City and Aberdeenshire providing support. The project was launched on 19 September 2006. FSA Scotland is now looking into various avenues to widen the scope of this initiative for the future.

### **Elementary Course in Food and Health**

17)The Agency, along with a partnership group, has been involved in the development of a catering training course. The objectives of the course are to provide candidates with a basic knowledge of the link between diet and health. The course provides knowledge, which can be put into practice in a number of settings from school dining halls and workplace canteens to community cafes and in the home. The course is being provided by the Royal Environmental Health Institute for Scotland (REHIS) through its approved training centres and in November 2006, the 1000<sup>th</sup> certificate for completion of the course was awarded.

### **Food and Health Course – Roll out in Low Income Communities**

18)Food Standards Agency Scotland and the Scottish Community Diet Project (SCDP) are providing funding to boost the above Food and Health Course's provision in low income communities. A contractor was appointed in May 2006 to carry out this project which involves commissioning a series of subsidized courses in low income communities across Scotland and assisting existing REHIS elementary food hygiene course providers to become elementary food and health course providers. The project is expected to last for approximately six months. FSAS and SCDP have both committed funds to this project on behalf of the partners group for the course. Areas where there are food access/food poverty issues and gaps in existing training provision are being given priority.

### **Food and Health Alliance**

19)The Food and Health Alliance was established in April 2005 by FSAS and the Scottish Executive as a network for people with an interest in food and health. The emphasis of the Alliance is on inclusion and wide engagement involving all sectors of the food chain and it is hoped that the Alliance will become a 'one-stop-shop' information point for all those involved in food and health in Scotland. Since its inception, the partnership has evolved to include NHS Health Scotland, with the Scottish Executive taking more of a strategic role. The Alliance is continuing to attract members, with current membership sitting at approximately 650. An information audit was carried out over the summer with a report of the findings delivered in September. A dedicated Alliance website is also currently being developed with a prototype home page now being available at [www.fhascot.org.uk](http://www.fhascot.org.uk) .

### **Saturated Fat and Energy Strategy**

20)As part of the Agency's Saturated Fat and Energy Strategy, FSAS will be holding a stakeholder meeting in January 2007 to feed industry comments into the UK wide strategy.

**MSP Event**

21) The Agency is hosting a reception for MSPs at the Scottish Parliament on 24 January to show case Agency work on, for example, front of pack nutrition labelling. In addition to MSPs, the Agency has invited a number of major UK and Scottish retailers, manufacturers and consumer organisations.

## **Update FSA Northern Ireland**

### **Student Survey and Survival Guide**

- 1) Work is currently underway on piloting a downloadable screensaver to students in Northern Ireland. This has the potential to reach a much wider population group, but is being tested in the first instance on 18 – 24 year olds. A series of nutrition and hygiene messages have been created using a screensaver ‘advert’ format. The concept is an innovative way of disseminating key Agency messages to one of our target groups and has the advantage of being both cost effective and easy to update, so that messages coincide with Agency campaigns and new policies. Feedback so far has been very positive, with a full report due by the end of May.
- 2) The Food Standards Agency launched a new Student Survival Guide, ‘Fresher Food’ in October last year aimed at first year undergraduate students in Northern Ireland. The Guide includes information on shopping and cooking on a budget; kitchen hygiene; getting the most out of your diet; how to prepare food and a number of practical recipes. The context for this work is the research the Agency carried out during 2005/06 on student eating habits and behaviours. This was commissioned through ARK (a joint QUB and UU social and political archive body) and targeted all students at Queens University Belfast and the University of Ulster. The research was further supplemented by a series of focus groups carried out by MORI Ireland. The survey assessed food attitudes and behaviours amongst university students in Northern Ireland and collected information on social factors which impact on their ability to obtain or to choose a healthy balanced diet. Over 3,500 students took part in this exercise.
- 3) The findings from the survey suggest that first year students are the most vulnerable in terms of their diet. It is also clear from both the research findings and from student feedback, that there is a need for practical, educational and accessible information on eating well for this age group. The Guide has been targeted at first years in Halls of Residence and an evaluation of its impact is currently underway.

### **Homeless Research**

- 4) Homeless households in Northern Ireland were identified as being a priority vulnerable group during 2005/06. There is presently limited research exploring the issues homeless persons face in sourcing, funding and preparing food for themselves and/or their families in Northern Ireland.
- 5) The findings from this study will shortly be published to coincide with the launch of the Department of Social Development Report on homelessness in Northern Ireland.
- 6) Meetings have taken place with key partners to discuss how the Agency proposes to take forward a number of policy recommendations in conjunction with the SIMON Community, Foyer Federation, NI Housing Executive and Council for Homelessness.

- 7) The three key elements being proposed include:
- a. Targeted, practical and accessible information to young single homeless in hostels accommodation (this would include information on budgeting, practical recipes and preparation, for example). This would be part of the life skills support package currently promoted within the hostel setting for 16+ years
  - b. The development of an accredited cooking skills/hygiene qualification
  - c. Menu planning support and standards for hostel accommodation

### **Older Persons**

- 8) FSANI is hoping to commission research into the nutritional and food related needs of older, vulnerable persons who live alone in Northern Ireland, from the perspective of older people and health and social services staff. Discussions have started with potential key funding partners namely, the Health Promotion Agency and the Department of Health, Social Services & Public Safety to discuss taking this forward.
- 9) The key aims and objectives of this exercise are to:
- To establish the nutritional status of older people living alone, obtain information about their food and fluid intake and identify those at greatest risk of malnutrition
  - Exploring the issues vulnerable older persons face in sourcing, funding, storing, preparing and consuming nourishing food for themselves through structured qualitative interviews with a representative sample of older persons
  - Exploring issues of service use and access e.g. Meals-on-Wheels, home-care, lunch-clubs, etc by older vulnerable persons in Northern Ireland
  - Explore the social, emotional, physical and practical factors that support or hinder good nutrition and eating well for older people who live alone and have difficulty leaving their home
  - Identifying gaps in current provision and support for this group and exploring/developing a range of practical policy interventions to optimise the nutrition and food related social well-being with partners