

**sacn**  
Scientific Advisory Committee on Nutrition

Annual Report 2007

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## Foreword


I am pleased to present the Scientific Advisory Committee on Nutrition's (SACN) annual report, covering the year 2007.

This year SACN published an *Update on trans fatty acids and health* for which particular thanks must go to Professor Christine Williams and her team at the University of Reading, and also an *Update on vitamin D* produced by the Subgroup on Maternal and Child Nutrition (SMCN).

This year also saw the continued work of several groups established in previous years: the Energy Requirements Working Group and the Maternal and Child Nutrition Subgroup. The Growth Standards Working Group concluded its work in 2007 with the publication of the report on *Application of the WHO Growth Standards in the UK*.

The horizon scanning workshop in October 2007 raised several issues for future consideration by the committee.

My thanks go to the members of the Committee and its Working Groups and Subgroups for their commitment and enthusiasm. I would also like to thank the Secretariat for their work throughout the year. Their efforts in ensuring the efficient conduct of Committee business are greatly appreciated.



Professor Alan Jackson

Chair

# Introduction

This is the sixth annual report of the Scientific Advisory Committee on Nutrition (SACN) and covers the calendar year 2007.

## Overview

The full Committee met three times in 2007 on 7 February, 6 June (open meeting) and 10 October. Professor Jackson chaired all the meetings.

The Energy Requirements Working Group met three times (24 April, 7 Sept and 7 December) and the Maternal and Child Nutrition subgroup met twice (23 May and 14 September) in 2007. Neither the Approaches to the Nutritional Assessment of Novel Foods Subgroup (ANANF) nor the Iron Working Group met in 2007.

## About the Committee

SACN is a UK wide advisory Committee set up to advise the UK Health Departments as well as the Food Standards Agency (FSA); it is supported by a joint Department of Health / FSA secretariat.

Its advice covers scientific aspects of nutrition and health with specific reference to:

- nutrient content of individual foods and advice on diet as a whole including the definition of a balanced diet, and the nutritional status of people;
- monitoring and surveillance of the above;
- nutritional issues which affect wider public health policy issues including conditions where nutritional status is one of a number of risk factors (eg cardiovascular disease, cancer, osteoporosis and/or obesity);
- nutrition of vulnerable groups (eg infants and the elderly) and health inequality issues; and
- research requirements for the above.

SACN's terms of reference are shown at Annex 1.

## Membership

Dr Anita Thomas, Mrs Stella Walsh, Professor Peter Kopelman and Professor Timothy Key were all reappointed for a further three years in 2007.

Professor John Cummings retired and Professor Christine Williams resigned from the Committee in June 2007.

Biographies of members can be found at Annex 3.

### **Remuneration and Committee finance**

Remuneration and Committee finances are shown at Annex 4.

### **Declaration of interests**

The Committee follows Government advice on declaration of interests. We are requested to declare an interest at meetings where there may be a conflict of interest with regard to the issue under scrutiny. We are also requested to provide the Secretariat with an annual declaration of interests, which have been detailed at Annex 5.

### **Procedures**

Meeting agendas were compiled from a number of sources including outstanding items from previous meetings, items suggested by the Committee, outside bodies including FSA and Department of Health Committees as well as items brought forward from the Committee work programme agreed in 2006. Updates from SACN Subgroups and Working groups were regular features on the agenda as were reports on nutrition related Government activities in the FSA, and Health Departments.

### **Forward Look**

The Committee held a horizon scanning meeting in October 2007 and agreed to review actions arising from meeting in October 2008. A further horizon-scanning meeting will take place in 2009.

### **Openness**

SACN is committed to a policy of openness and engagement with stakeholders. Papers for the Committee's meetings, agenda and minutes are posted on the Committee website at [www.sacn.gov.uk](http://www.sacn.gov.uk) (subject to certain exceptions on grounds of commercial or other sensitivity). As part of the policy on openness, all of the Committee's three meetings main meetings are now held in public.

# The Scientific Advisory Committee on Nutrition's Work in 2007

The full Committee met three times in 2007. There are, in addition, a number of groups that develop recommendations and advice on specific subjects. They are:

The Approaches to the Nutritional Assessment of Novel Foods Subgroup

The Energy Requirements Working Group

The Iron Working Group

The Maternal and Child Nutrition Subgroup

## **Approaches on the Nutritional Assessment of Novel Foods Subgroup**

### **Background**

A joint Subgroup has been established with the Advisory Committee on Novel Foods and Processes (ACNFP) to consider approaches to the nutritional assessment of novel foods, including those from genetically modified sources.

### **Terms of reference**

The Subgroup is reviewing the existing guidelines for the nutritional assessment of novel foods, and considering whether this guidance should be refined to provide applicants with specific details of the nutritional data required to support a novel food application.

It is intended that the resulting advice will be used by

- the ACNFP in its future evaluations of novel foods;
- applicants making novel applications through the UK; and
- the Food Standards Agency, which will circulate it to other EU bodies (including the European Food Safety Authority) in order to develop a consistent approach to the nutritional assessment of novel foods.

### **Activity**

The Subgroup did not meet in 2007 but a meeting is scheduled in 2008.

## Energy Requirements Working Group

### Background

At our horizon-scanning meeting in 2003 we agreed to review the Dietary Reference Values (DRVs) for energy set in 1991 in the COMA report Dietary Reference Values for Food Energy and Nutrients for the United Kingdom, as requested by FSA and the Department of Health.

The latest National Diet and Nutrition Survey of adults highlighted that although average energy intakes are less than the Estimated Average Requirement (EAR) for energy, there is a continuing increase in the incidence and prevalence of obesity and excessive body weight in the UK population. While some of the difference between energy intake and the reference requirements can be accounted for by underreporting of food intake, there is concern that the energy requirements as set in 1991 may be too high for the UK population. Early in 2005, the FAO/WHO/UNU Expert Consultation Report on Human Energy Requirements was released. In light of this report, SACN considered this an appropriate time to review the energy requirements for the UK. A Working Group was established to look at the issue.

### Terms of reference

- review and agree on the interpretation of the methods, definitions and assumptions used by COMA (1991) and FAO/WHO/UNU (2005) to agree energy requirements;
- agree a framework by which to arrive at energy requirements for the UK population and its Subgroups;
- agree population based Dietary Reference Values for energy, and provide recommendations taking into account age, body size, levels of activity, gender and physiological state (i.e. growth, pregnancy and lactation); and
- consider the implications of these recommendations on the requirements for other nutrients.

### Activity

The Energy Requirements Working Group continued its work during 2007. Meetings were held on 24 April, 7 September and 7 December 2007. At these meetings, the Working Group discussed the development of regression equations to predict energy expenditure using data from studies measuring total energy expenditure by the double labelled water (DLW) method. The following two chapters were also drafted for the report in 2007: Physical Activity and Dietary Determinants of Weight Gain.

## Iron Working Group

### Background

National surveys have shown consistently that a proportion of the population, particularly young women and children, have low iron intake relative to requirements; this has raised concerns that these subgroups of the population may be at risk of iron deficiency.

Meat, particularly red meat, is a rich source of iron. In 1998, the COMA Working Group on Diet and Cancer considered possible links between red meat consumption and large bowel cancer, and recommended that people who eat a lot of red meat should try to cut down. The COMA Working Group on Diet and Cancer also recognised that reducing red meat consumption might adversely affect people's iron levels and recommended that these matters should be the subject of review.

### Terms of reference

To review the dietary intake of iron in various forms and the impact of different dietary patterns on the nutritional and health status of the population, and to make proposals. It was agreed to consider both beneficial and adverse effects of an increase in iron intake, including:

- the interaction of low-grade infections/inflammation with iron metabolism and whether this might affect the apparent incidence of iron deficiency;
- the effect of iron deficiency on mental and physical development;
- the effect of dietary components on iron absorption and utilisation in the body; and
- the potential adverse effects of excess iron, including free radical damage and the risk of cardiovascular disease and cancer.

### Activity

The Iron Working Group did not meet in 2007. However, the intention is to progress work on this report in 2008.

## Maternal and Child Nutrition Subgroup

### Background

Health Departments and the Agency need regular scientific advice for policy-making and regulatory issues. Sometimes this is needed at short notice, for example, providing advice to inform the UK position in international forums such as the European Commission, CODEX Alimentarius and the advice on the influence of maternal and early child nutrition on later development of disease.

### Terms of reference

The terms of reference for the Subgroup on Maternal and Child Nutrition are:

- to review the evidence on the influence of maternal, foetal and child nutrition including growth and development in utero and early childhood on the development of disease later in life;
- to identify opportunities for nutritional intervention that could influence the risk of disease later in life; and
- to consider such scientific aspects of nutrition of women of reproductive age, infants and children as are referred to it by the SACN, Health Departments and the Agency.

### Activity

So far, the following recommendations have been made:

- foods containing gluten should not be given to babies under 6 months;
- oats should not be given to babies under 6 months, as there is a risk of contamination with wheat during processing and packaging;
- there are unlikely to be risks associated with delaying weaning until six months in infants who are mixed fed on breast and infant formula or solely fed on infant formula; and
- healthy babies do not gain any particular health benefit when they are fed soya-based formula and there is no clinical condition that exclusively requires its use.

The Committee met twice in 2007 on 23rd May and 14th September. The Committee have:

- Responded to NICE's consultation on draft evidence summaries that informed the development of the guidance for midwives, health visitors, pharmacists and other primary care services on how to improve the nutrition of pregnant and breastfeeding mothers and children in low income households.
- Commented on NICE's draft *Maternal and Child Nutrition* guidance.
- Responded to the Chief Medical Officer's invitation to comment on a report *Health is global: proposals for a UK Government-wide strategy*.
- Provided views on the types of amendments that should be made to the EC Directive on *Cereal based foods and baby foods for infants and young children*.
- Provided comment on the revised *Infant Formula and Follow-on Formula Draft Regulations 2007*.
- Developed SACN's position statement *Update on Vitamin D* published in June 2007.
- Participated in the joint Growth Standards Working Group with RCPCH who published their final report in August 2007, recommending adoption of WHO Growth Standards in the UK for children up to 2 years of age.

The Committee have also reviewed key findings of the Infant Feeding Survey 2005, published in May 2007, and have subsequently published a review which recommends actions for improving policy and practice. This review also suggested areas for deeper exploration in future Infant Feeding Surveys.

The Committee are also continuing to work on a report looking at the influence of maternal, fetal and child nutrition on the development of disease in later life.

A commentary by SACN on infant feeding practices in the UK is due to be published in January 2008.

## **Further Highlights in 2007**

### **National Diet and Nutrition Survey (NDNS)**

Three NDNS papers were presented to the Committee for consideration during 2006. These have now been combined into one report which summarises the evidence on the nutritional health of the British population from fifteen years of NDNS and analysing the micronutrient intake and status data from recent NDNS of adults aged 19-64 years (200/01). The report was agreed by the Committee in 2007 and is due to be published in 2008.

### **Selenium**

The report on Selenium was revised during 2007 and will be published in 2008.

### **Nutrition Professions Confederation (NPC)**

The Nutrition Professions Confederation has been set up to address the need for cooperation in matters of curriculum and training of different professional groupings working in the areas of diet, nutrition and activity. This group met twice in 2007 (13 June and 13 December). A decision about the future positioning of the group would be taken in 2008.

### **Low Income Diet and Nutrition Survey (LIDNS)**

The Low Income Diet and Nutrition Survey (LIDNS) report was published on the Agency website in July 2007. It is the first national survey of food consumption and nutrient intakes in the low income population across the UK and provides a wealth of information on the dietary habits, nutritional status, and factors affecting these in this population sub-group. In many respects the areas of concern identified in the low income population are similar to those already identified in the general population, although some are more marked in LIDNS. e.g.

- average consumption of fruit and vegetables was one-half of the recommended 5 portions per day for adults.
- intakes of non-milk extrinsic sugars (particularly among children) and saturated fatty acids were above the (maximum) UK recommendations
- intakes of non-starch polysaccharides fell below the (minimum) UK recommendations for a substantial proportion of adults and children.

- there was evidence of inadequate nutritional status for iron, folate and vitamin D for adults and teenagers.
- a substantial proportion of men and women were overweight or obese.

Social factors, such as access to cooking facilities and shops did not seem to be a limiting factor in terms of food consumption or nutrient intake. The poor diets of the low income population were accompanied by higher levels of smoking, higher alcohol intake (among consumers) and lower physical activity compared with the general population. These are all risk factors for chronic disease, and may increase the risk of nutrition-related ill-health and disease within the low income population

#### **Trans fatty acids**

An *Update on trans fatty acids & health* was published in 2007 to consider recent evidence regarding the health effects of *trans* fatty acids (*trans* FA) in order to determine whether current population dietary advice on *trans* FA should be revised. The review arose from a request from the Secretary of State for Health to the Food Standards Agency for advice on the evidence in relation to the health effects of *trans* FA.

A copy of the report is available on the SACN website  
[http://www.sacn.gov.uk/pdfs/sacn\\_trans\\_fatty\\_acids\\_report.pdf](http://www.sacn.gov.uk/pdfs/sacn_trans_fatty_acids_report.pdf)

#### **Carbohydrates**

The Agency held a scoping workshop of independent experts in 2007 and based on the outcomes of this workshop a SACN working group on Carbohydrate and Health will be convened in early 2008.

#### **Folic acid**

Following the publication of the report on *Folate and Disease Prevention* (2006), and a recommendation to UK Health Ministers for mandatory fortification by the Food Standards Agency's (FSA's) Board, the Chief Medical Officer requested that SACN further review the evidence relating to folic acid and colorectal cancer. A Working Group meeting to discuss this issue is scheduled for January 2008.

# Annex 1

## **SACN terms of reference**

The terms of reference of SACN are to advise the CMOs and/or the Agency, and thus, through the CMOs or Agency, the Government on scientific aspects of nutrition and health with specific reference to:

- nutrient content of individual foods, and advice on diet as a whole, including the definition of a balanced diet and the nutritional status of people;
- monitoring and surveillance of the above;
- nutritional issues which affect wider public health policy issues, including conditions where nutritional status is one of a number of risk factors (eg cardiovascular disease, cancer, osteoporosis and/or obesity);
- vulnerable groups (e.g. infants and the elderly) and inequality issues;
- research requirements for the above; and
- individual Members may be invited to serve on SACN's Subgroups.

All Members and the Secretariat regard it as part of their role to:

- examine and challenge if necessary the assumptions on which scientific advice is formulated and ask for explanations of any scientific terms and concepts which are not clear;
- ensure that SACN has the opportunity to consider contrary scientific views and the concerns and values of stakeholders before a decision is taken; and
- ensure that SACN's advice is clear and comprehensible.

## Annex 2

### Committee members

#### Chair

Professor Alan Jackson  
Professor of Human Nutrition, University of Southampton

#### Members

Professor Peter Aggett  
Head of School, Lancashire School of Health and Postgraduate Medicine,  
Professor of Child Health and Nutrition, University of Central Lancashire

Professor Annie Anderson  
Professor of Food Choice, Centre for Public Health Nutrition Research,  
University of Dundee

Professor Sheila Bingham  
Deputy Director, Medical Research Council's Dunn Human Nutrition Unit,  
Cambridge

Professor John Cummings (until June 2007)  
Professor in Experimental Gastroenterology, Department of Pathology and  
Neuroscience, University of Dundee

Mrs Christine Gratus (lay member)  
Retired Director and International Vice-President of J Walter Thompson

Dr Paul Haggarty  
Head of the Nutrition & Epigenetics Group at Rowett Research Institute.  
Honorary Senior Lecturer in Aberdeen University Medical School and  
Honorary Clinical Scientist in Grampian NHS Trust

Professor Timothy Key  
Professor in Epidemiology, University of Oxford  
Cancer Research UK Epidemiology Unit, Richard Doll Building, Oxford

Professor Peter Kopelman  
Principal, St George's, University of London

Professor Ian Macdonald  
Professor of Metabolic Physiology at the University of Nottingham and  
Director of Research in the Faculty of Medicine and Health Sciences

Dr David Mela  
Senior Scientist and Expertise Group Leader, Unilever Food and Health  
Research Institute, The Netherlands

Dr Ann Prentice  
Director, MRC Human Nutrition Research, Cambridge

Dr Anita Thomas  
Consultant Physician in Acute Medicine and Care of the Elderly, Plymouth  
Hospitals NHS Trust

Mrs Stella Walsh  
Senior Lecturer, Leeds Metropolitan University

Dr Anthony Williams  
Reader in Child Nutrition and Consultant in Neonatal Paediatrics, St George's  
Hospital, London

Professor Christine Williams (until June 2007)  
Head of School of Food Biosciences and Professor of Human Nutrition,  
University of Reading

**Observers**

Mrs Rosemary Hignett (until June 2007)  
Food Standards Agency

Dr Alison Tedstone (from June 2007)  
Food Standards Agency

Ms Rachel Atkinson (Until October 2007)  
Department of Health

Mr Geoff Dessent (From October 2007)  
Department of Health

Dr Fiona Bissett  
Scottish Government, Health Department

Mrs Maureen Howell  
The Welsh Assembly, Health Promotion Division

Dr Naresh Chada  
Department of Health, Social Services and Public Safety, Northern Ireland

**Secretariat**

**Department of Health**

Dr Sheela Reddy (Scientific Secretary)

Ms Rachel Coomber

Ms Parminder Nijjar

**Food Standards Agency**

Dr Alison Tedstone (Scientific Secretary (until June 2007)

Dr Elaine Stone (Scientific Secretary) (From June 2007)

Mr Michael Griffin

Ms Lynda Harrop

Ms Emma Peacock

Mrs Vicki Pyne

Ms Mamta Singh

### **Membership of Approaches to the Nutrition Assessment of Novel Foods Subgroup**

**Chair**

Professor Mike Gasson (Chair, ACNFP)  
Head of Food Safety Science Division, Institute of Food Research, Norwich

**Members**

Professor Alan Jackson (SACN member)  
Professor of Human Nutrition, University of Southampton

Dr Anthony Williams (SACN member)  
Reader in Child Nutrition and Consultant in Neonatal Paediatrics, St George's Hospital, London

Professor Ian Rowland (ACNFP member)

Professor of Human Nutrition and Director of Northern Ireland Centre for Diet and Health, University of Ulster

Jill Brand (ACNFP lay member)

Home Economist and Registrar for Births, Deaths and Marriages for Oxford County Council

Professor John Cummings (until June 2007)

Professor in Experimental Gastroenterology, Department of Pathology and Neuroscience, University of Dundee

Professor Christine Williams (until June 2007)

Head of School of Food Biosciences and Professor of Human Nutrition, University of Reading

### **Membership of Energy Requirements Working Group**

**Chair**

Professor Alan Jackson  
Professor of Human Nutrition, University of Southampton

**Members**

Professor Marinos Elia (External Expert)  
Professor of Clinical Nutrition and Metabolism at the University of Southampton and Honorary Consultant Physician at Southampton General Hospital

Professor Ian Macdonald  
Professor of Metabolic Physiology at the University of Nottingham and  
Director of Research in the Faculty of Medicine and Health Sciences

Professor Joe Millward  
Head of Division of Nutrition Dietetics and Food, and Professor of Human  
Nutrition, University of Surrey

Professor Chris Riddoch (External Expert)  
Head of the London Sport Institute, Middlesex University. Professor of Sport  
and Exercise Science

Dr Anita Thomas  
Consultant Physician in Acute Medicine and Care of the Elderly, Plymouth  
Hospitals NHS Trust

Dr Anthony Williams  
Reader in Child Nutrition and Consultant in Neonatal Paediatrics, St George's  
Hospital, London

Mrs Stella Walsh  
Senior Lecturer, Leeds Metropolitan University

**External** Dr Peter Sanderson  
Consultant

### **Membership of Iron Working Group**

**Chair** Professor Peter Aggett (SACN member)  
Head of School, Lancashire School of Health and Postgraduate Medicine,  
Professor of Child Health and Nutrition, University of Central Lancashire

**Vice Chair** Dr Ann Prentice (SACN member)  
Director, MRC Human Nutrition Research, Cambridge

**Members** Professor Philip Calder (External Expert)  
Foetal Origins of Adult Disease Division, University of Southampton

Professor Sue Fairweather-Tait (External Expert)  
Head of Nutrition and Consumer Science Division, Institute of Food Research

Mrs Christine Gratus (SACN lay member)  
Retired Director and International Vice-President of J Walter Thompson

Professor Joe Lunec (External Expert)  
Director of Chemical Pathology, Leicester University

Professor Timothy Key (SACN member)  
Professor in Epidemiology, University of Oxford  
Cancer Research UK Epidemiology Unit, Richard Doll Building, Oxford

Professor Sally Grantham-McGregor (External Expert)  
Centre for International Child Health, Institute of Child Health

Professor Kim Fleischer Michaelsen (External Expert)  
Research Department of Human Nutrition, The Royal Veterinary and  
Agricultural University, Denmark

Professor Martin Pippard (External Expert)  
Dean of the Medical School, University of Dundee

Professor Mark Worwood (External Expert)  
Department of Haematology, University Hospital, Wales

### **Membership of Maternal and Child Nutrition Subgroup**

**Chair** Dr Anthony Williams (SACN member)  
Reader in Child Nutrition and Consultant in Neonatal Paediatrics, St George's  
Hospital, London

**Members** Professor Peter Aggett (SACN member)  
Head of School, Lancashire School of Health and Postgraduate Medicine,  
Professor of Child Health and Nutrition, University of Central Lancashire

Professor Annie Anderson (SACN member)  
Professor of Food Choice, Centre for Public Health Nutrition Research,  
University of Dundee

Dr Robert Fraser  
Reader in Obstetrics and Gynaecology in the University of Sheffield with an  
Honorary Consultant contract in Obstetrics and Gynaecology at the Sheffield  
NHS Foundation Trust

Professor Alan Jackson (SACN member)  
Professor of Human Nutrition, University of Southampton

Professor Timothy Key (SACN member)  
Professor in Epidemiology, University of Oxford  
Cancer Research UK Epidemiology Unit, Richard Doll Building, Oxford

Dr Ann Prentice (SACN member)  
Director, MRC Human Nutrition Research, Cambridge

Mrs Stella Walsh (SACN member)  
Senior Lecturer, Leeds Metropolitan University

### **Membership of Growth Standards Working Group**

**Chair** Professor Alan Jackson (SACN member)  
Professor of Human Nutrition, University of Southampton

**Members** Dr Anthony Williams (SACN member)  
Reader in Child Nutrition and Consultant in Neonatal Paediatrics, St George's  
Hospital, London

Professor Peter Aggett (SACN member)  
Head of School, Lancashire School of Health and Postgraduate Medicine,  
Professor of Child Health and Nutrition, University of Central Lancashire

Mrs Stella Walsh (SACN member)  
Senior Lecturer, Leeds Metropolitan University

Professor Tim Cole (RCPCH)  
Institute of Child Health

Dr Ken Ong (RCPCH)  
Clinical lecturer in Paediatrics, Addenbrooke's Hospital

Dr David Elliman (RCPCH)  
Great Ormond Street Hospital for Children

Professor Charlotte Wright (RCPCH)  
Dept of Child Health, University of Glasgow

Dr Barbara Golden (RCPCH)  
Royal Aberdeen Children's Hospital

### **Members of *Trans* Fatty Acids Risk Assessment Drafting Team**

#### **University of Reading**

Professor Christine Williams  
Professor of Human Nutrition and Dean of Life Sciences, Faculty of Life  
Sciences, University of Reading

Dr Abby K Thompson  
Post Doctoral Research Fellow, Department of Food Biosciences, University  
of Reading

Dr Danielle I Shaw  
Post Doctoral Research Fellow, Department of Food Biosciences, University  
of Reading

Dr Anne Marie Minihane  
Reader in Integrative Nutrition, Department of Food Biosciences, University  
of Reading

#### **SACN Secretariat Food Standards Agency**

Dr Alison Tedstone (Scientific)

Dr Vivian Lund (Scientific)

Ms Emma Peacock (Scientific)

Ms Lynda Harrop (Administrative)

## Annex 3

### Committee members' biographies

#### Professor Alan Jackson (Chair)

Professor of Human Nutrition, School of Medicine at the University of Southampton. Professor Jackson's current work explores the extent to which modest differences in maternal diet and metabolic competence influence foetal development, predisposing to chronic disease in adulthood. Professor Jackson was a member of the Committee on Medical Aspects of Food and Nutrition Policy (COMA) for ten years and was a Consultant Adviser to the Chief Medical Officer on Nutrition from 1989 to 2002. Professor Jackson is a member of the EFSA Panel on Dietetic Products, Nutrition and Allergies.

#### Professor Peter Aggett

Head of School, Lancashire School of Health and Postgraduate Medicine, Professor of Child Health and Nutrition, University of Central Lancashire, Preston, Lancashire. Professor Aggett is interested in trace element metabolism in health and disease. He has served on national and international advisory committees relating to clinical nutrition, public health and preventative medicine including nutritional safety and risk assessment, including the EC Scientific Committee on Food, the COT, ACNFP and EVM. He was a member of COMA for 7 years, and is a past chair and secretary of the ESPGHAN Committee on Nutrition and is currently chair of the Standing Committee on Nutrition for the Royal College of Paediatrics and Child Health.

#### Professor Annie Anderson

Professor of Food Choice at the Centre for Public Health Nutrition Research, Department of Medicine, Ninewells Medical School, University of Dundee. Professor Anderson has represented the International Union against Cancer (UICC) on issues relating to diet and cancer prevention. In addition, she has participated as an expert advisor in a number of Department of Health, Food Standards Agency and Scottish Government Advisory Committees on topics ranging from nutrient standard of school meals to the Low Income Diet and Nutrition Survey. Her main research interests are dietary assessment methodologies, nutrition education and theory based, behaviourally focused dietary interventions in children and adults living in disadvantaged communities.

#### Professor Sheila Bingham

Director of the MRC Centre for Nutrition in Cancer Prevention and Survival at the University of Cambridge and Head of the Diet and Cancer Group of the Medical Research Council's Dunn Human Nutrition Unit. Professor Bingham is recognized for her work in the prevention of cancer through diet. She is a principal investigator of the UK European Prospective Investigation into Cancer (EPIC) study, which is a European wide collaboration. She was a member of

COMA for 9 years and has served on a number of other government sub-committees and working groups including the Food Standards Agency Committee on Toxicity of Chemicals (COT), Working Group on Phytoestrogens.

**Mrs Christine Gratus**

Mrs Gratus has a background in advertising, marketing and market research. She was a Director and International Vice-President of J Walter Thompson advertising agency until establishing her own Consultancy in 1990. As a qualitative researcher, Mrs Gratus has spent a lifetime listening to consumers talking about every aspect of their lives, with food high on the list and is now involved mainly with health and health research. She is a member of the National Cancer Research Institute's Consumer Liaison Group, and a lay member of both the Herbal Medicines Advisory Committee and the London regional funding committee of the NIHR's Research for Patient Benefit programme.

**Dr Paul Haggarty**

Dr Paul Haggarty (BSc, PhD) is Head of the Nutrition & Epigenetics Group at the Rowett Research Institute, Honorary Senior Lecturer in Aberdeen University Medical School and Honorary Clinical Scientist in Grampian NHS Trust. His research interest is in the way diet and environment interacts with genes to determine human health. This involves the study of epigenetics in pregnancy, cancer, cognition and cardiovascular disease. He has research experience in B vitamins, lipids and genetics and has an interest in the role of deprivation in the link between nutrition and health. He is a member of the Advisory Committee on Novel Foods and the North of Scotland Research Ethics committee.

**Professor Timothy Key**

Deputy Director, Cancer Epidemiology Unit, University of Oxford. Professor Key studied veterinary medicine, nutrition and epidemiology. He has special interests in the interactions between nutrition and hormones, cancer and cardiovascular disease. He is the lead investigator of the Oxford component of the European Prospective Investigation into Cancer (EPIC) which is a European-wide collaborative study, and chair of the EPIC Working Group on Nutrition and Prostate Cancer.

**Professor Peter Kopelman**

Principal, St George's, University of London. Professor Kopelman has considerable experience, from a clinical perspective, in the delivery of diabetes care and the management of obesity to all age groups. He has worked closely with Health Authorities and national organisations in addressing nutritional matters and has chaired a large number of Committees within the university sector, the NHS, Health Authorities and the Royal College of Physicians.

**Professor Ian Macdonald**

Ian Macdonald is Professor of Metabolic Physiology at the University of Nottingham and Director of Research in the Faculty of Medicine and Health Sciences. His research interests are concerned with the nutritional and metabolic aspects of obesity, diabetes and cardiovascular disease, with additional interests in nutrition and metabolism in exercise. His research involves studies in healthy subjects and various patient groups, and combines whole body physiological measurements, molecular investigation of tissue samples, and dietary interventions. Ian Macdonald is presently President of the Nutrition Society, Editor to the International Journal of Obesity and Chair of the International Association for the Study of Obesity Finance Committee.

**Dr David Mela**

Senior Scientist and Expertise Group Leader, Unilever Food and Health Research Institute, The Netherlands. Dr Mela joined Unilever in 1998, following an academic research career in the US and UK. His main interests and publications relate to the biological and behavioural aspects of food choice, eating behaviour and weight control, ranging from consumer research through energy metabolism. In Unilever, he manages a team responsible for identifying and providing clinical substantiation for new ingredients and products. He also contributes to strategic planning and acts as a scientific liaison with external academic and trade organisations.

**Dr Ann Prentice**

Director, MRC Human Nutrition Research, Cambridge. Dr Prentice's main research interests are nutritional aspects of bone health and osteoporosis; dietary requirements for human growth, pregnancy and lactation, and old age with particular reference to micronutrients. She has published extensive peer-reviewed articles, book chapters and reports. Dr Prentice is President of the Nutrition Society (to July 2007) and has served on a number of national and international advisory committees, including COMA's Subgroup on Nutrition and Bone Health.

**Dr Anita Thomas**

Consultant Physician in acute medicine Plymouth Hospitals NHS Trust. Dr Thomas is chair of the CMO's Venous Thromboembolism (VTE) Implementation Working Group and CMO's representative on the Human Genetics Commission. She is a Board member and Chair of the Training Committee, Postgraduate Medical Education and Training Board (PMETB). Dr Thomas is a lead assessor for the GMC Fitness to Practise Procedures.

**Mrs Stella Walsh**

Mrs Walsh has a long-standing interest in the subjects of food and nutrition and is an experienced consumer representative having served on several government and industry Committees and replied to consultations on behalf of consumers. She was the Secretary of the National Federation of Consumers (NFC) and has been a representative for the NFC on the Institute of Grocery Distributors, and other FSA and Defra Committees. She has published several refereed articles for academic and professional journals, book chapters and conference papers on consumer issues linked to her role as a Senior Lecturer at Leeds Metropolitan University.

**Dr Anthony Williams**

Reader in Child Nutrition and Consultant in Neonatal Paediatrics, St George's University of London. Dr Williams was the Chair of COMA's Panel on Child & Maternal Nutrition and a member of COMA. He represented COMA/PCMN on the Welfare Food Review Group. He was a member of the Food Standards Agency's Expert Group on Vitamins and Minerals and cross-represented SACN on the Advisory Committee on Novel Foods and Processes between 2003 and 2007.

## Members' biographies (not otherwise covered as SACN members)

### Approaches to the Nutrition Assessment of Novel Foods Subgroup

#### Professor Mike Gasson

Professor Mike Gasson BSc PhD is Head of the Food Safety Science Division and Deputy Director (Science) at the Institute of Food Research. He has been involved in gene technology research for more than twenty-five years with a particular interest in the genetics of food-relevant micro-organisms.

#### Professor Ian Rowland

Professor Rowland, BSc, PhD, is Professor of Human Nutrition at the University of Ulster and Head of the Northern Ireland Centre for Diet and Health.

#### Ms Jill Brand

Jill Brand, MPhil, FICSc, is a home economist with over 20 years of experience in product design, consumer issues and teaching.

### Energy Requirements Working Group

#### Professor Marinos Elia

Professor of Clinical Nutrition and Metabolism at the University of Southampton and Honorary Consultant Physician at Southampton General Hospital. He obtained a BSc (Hons) in Biochemistry and MB ChB degrees in Medicine from the University of Manchester, before undertaking research for an MD at the MRC Metabolic Research Laboratories, Oxford, headed by Sir Hans Krebs. He then moved to Cambridge, where he headed the Clinical Nutrition Group of the MRC Dunn Nutrition Unit, and the Nutrition Team at Addenbrooke's Hospital, and was Senior Research Fellow at Churchill College, University of Cambridge. He is currently an editor of five nutrition journals, and has been editor-in-chief of Clinical Nutrition. He has served on many national and international committees, and has chaired a number of them. He is currently chairman of the International Society of Body Composition Research, the British Association for Parenteral and Enteral Nutrition (BAPEN), and the Health Economic Committee of BAPEN. He has published extensively on various aspects of nutrition and metabolism.

#### Professor Joe Millward

Head of Division of Nutrition Dietetics and Food, and Professor of Human Nutrition, University of Surrey. Professor Millward has research interest in the regulation of growth and body composition with current research exploring metabolic demands for amino acids and essential fatty acids with a particular

interest in adaptive responses to variation in macronutrient intakes. He was a member of the Energy and Protein panel of COMA responsible for the 1991 Dietary Reference Values report and is currently co-chair of the FAO/WHO/UNU expert consultation on Protein and Amino Acids in Human Nutrition.

**Professor Andrew Prentice**

Head of MRC International Nutrition Group and Professor of International Nutrition at the London School of Hygiene and Tropical Medicine. Also Head of MRC Nutrition Programme in the Gambia, West Africa.

**Professor Chris Riddoch**

Professor of Sport and Exercise Science at the University of Bath. Professor Riddoch's work encompasses the extent to which physical activity levels affect health and how interventions aimed at individuals and environments can improve activity levels. His research focuses particularly on children's physical activity and how it relates to childhood obesity. Professor Riddoch was the Senior Scientific Editor of the Chief Medical Officer's 2004 report on Physical Activity and Health.

**Iron Working Group**

**Professor Philip Calder**

Professor of Nutritional Immunology, University of Southampton. Professor Calder's research interests include the identification of the influence of dietary fatty acids on the immune and inflammatory systems and understanding the mechanisms of action of specific fatty acids.

**Professor Sue Fairweather-Tait**

Personal chair in the School of Medicine, Health Policy & Practice, University of East Anglia, Norwich. Professor Fairweather-Tait's main interests are human mineral metabolism and micronutrient requirements for optimal health.

**Professor Kim Fleischer Michaelsen**

Professor of Paediatric Nutrition, Department of Human Nutrition, The Royal Veterinary and Agricultural University, Frederiksberg and Senior Consultant at the Paediatric Nutrition Unit, Rigshospitalet, University Hospital, Copenhagen. Professor Michaelsen is advisor to the Danish Health Agency on paediatric nutrition, a member of the Swedish Expert Committee on Paediatric Nutrition and President of the International Society of Research in Human Milk and Lactation. His research interests are nutrition during the first years of life including growth, breast-feeding, LCPUFA, probiotics and long-term effects.

**Professor Sally Grantham-McGregor**

Professor of International Child Health, Centre for International Child Health, Institute of Child Health, University of London. Professor Grantham-McGregor research has focussed on the effects of nutrition (energy and micronutrients) on child development, cognitive function and school achievement. She spent

thirty years in Jamaica, where she has built up a strong research base looking at the effect of under nutrition on children's development and possible interventions. She is currently working on the effect of prenatal nutrition on child development in Bangladesh and Jamaica.

**Professor Joe Lunec**

Head of the Department of Clinical Biochemistry, University of Leicester. Professor Lunec was founder member and chairman of the European Standards Committee on Oxidative DNA Damage (ESCODD). He is currently serving on various other Committees including the European Committee on Functional Effects of Antioxidants. He has worked in the area of free radicals and pathology for over 20 years. His specific areas of interest are iron, oxidative stress and chronic inflammation from which he has developed methodological interests in DNA damage measurement. He is currently investigating the effects of iron catalysed lipid peroxidation products in colon cancer and oxidized lipoprotein metabolism and cardiovascular disease.

**Professor Martin Pippard**

Professor of Haematology and Dean of the Medical School, University of Dundee. His main clinical and research interests are in disorders of iron metabolism, particularly iron overload, and abnormal erythropoiesis. He was a member of the 1995 British Nutrition Foundation Task Force on Iron. He is a scientific adviser to the UK Haemochromatosis Society and is an Associate Editor for the British Journal of Haematology.

**Professor Mark Worwood**

Professor Worwood holds a personal Chair in the Department of Haematology, School of Medicine, Cardiff University, is Director of the Graduate School of Biomedical and Life Sciences, Cardiff University and is an Honorary Clinical Scientist in the Cardiff and Vale NHS Trust. His interests have included iron absorption, genetic and functional studies of human ferritin, diagnostic methods for investigating iron status, and genetic haemochromatosis. He was editor of the British Journal of Haematology from 1986 to 1991. He was a member of the 1995 British Nutrition Foundation's Task Force on Iron, The Joint WHO/CDC Technical Consultation on Assessment of Iron Status at Population Level (2003-2004) and is scientific adviser to the Haemochromatosis Society. He is author of numerous articles on iron metabolism.

**Maternal and Child Nutrition Subgroup**

**Dr Robert Fraser**

Reader in Obstetrics and Gynaecology in the University of Sheffield with an Honorary Consultant contract in Obstetrics and Gynaecology at the Sheffield NHS Foundation Trust. Research interests include nutritional physiology of human pregnancy, normal and disordered fetal growth and public health aspects of nutrition in pregnancy and lactation. He also has a clinical research interest in pregnancy complicated by maternal diabetes.

## Annex 4

### **Remuneration and Committee finance**

The amount paid to committee members for fees increased in 2007. For Main Meetings the Chair received a revised total fee of £197 inclusive of attendance and reading fees. Members received £156 inclusive of attendance and reading fees.

For Working/Subgroups, Chair remuneration was £156 inclusive of attendance and reading fees. Members received £124 inclusive of attendance and reading fees.

The sponsor departments also met travel and subsistence costs for those attending Main Meetings and Working/Subgroups.

The cost of the Committee, excluding Secretariat resources, for 2007 was £124,020.12. Costs were met by the Department of Health and the FSA.

## Annex 5 SACN Main Committee - declaration of interests

Member	Personal interests			Non-personal interests			Any other interests		
	Company	Nature of Interest	Company	Nature of Interest	Company	Nature of Interest	Company	Nature of Interest	Any other interests
Professor Alan Jackson	None	N/A	Nutricia Clinical Care Baxter Healthcare	Sponsors of Annual Nutrition Course					None
Professor Peter Aggett	None	N/A	School Activities Astra-Zeneca Nestec ILSI Wellcome Yakult Individual: New Zealand Dairy Goat Council Cadbury Schweppes	1 – 8. Chairmanship (meetings) and lecture fees Departmental research and education in medicine and health, including food safety and metabolism.  Consultancy: Research  Consultancy					None
Professor Annie Anderson	None	N/A	None			N/A			None
Professor Sheila Bingham	None	N/A	None			N/A			None

Personal interests				Non-personal interests		Any other interests	
Member	Company	Nature of Interest	Company	Nature of Interest	Company	Nature of Interest	Any other interests
Mrs Christine Gratus	None	N/A	None	N/A	None	N/A	None
Dr Paul Haggarty	Smith Nephew Diageo Cafe Direct	Shareholder Shareholder Shareholder	Medicuit Pharmaton Nutrition & Health conference 2007. Editorial Consultant on the American College of Physicians' Information and Education Resource.	Donation of media for research. Advisor on pregnancy study protocol (no fee). Lecture fee contributed to research funds. Consultation fee contributed to research funds.			
Professor Timothy Key	None	N/A	None	N/A	None	N/A	Member of Vegetarian Society of the UK Member of Vegan Society
Professor Peter Kopelman	Weight Watchers (UK) Ltd	Medical Adviser	Alizyme Pharmaceuticals	Clinical trial sponsor			Trustee, International Association for the Study of Obesity (IASO) (Registered Charity). Member of Governing Board – Institute of Food Research. Scientific Adviser, Foresight, Department of Innovation, Universities & Skills.
Professor Ian Macdonald	Mars Europe. CocaCola Europe.	Advisory Board. European Scientific Advisory Committee.	Mars Incorporated / Mars Europe. Inilever Neste	Research project funding. Research project funding & Phd student funding.			
Dr David Mela	Unilever	Employee and shareholder	None	N/A			
Dr Anita Thomas	None	N/A	None	N/A			None

Personal interests				Non-personal interests		Any other interests	
Member	Company	Nature of Interest	Company	Nature of Interest	Company	Nature of Interest	Any other interests
Mrs Stella Walsh	None	N/A	None	N/A	None	N/A	Consumer representation for National Federation of Consumers.
Dr Anthony Williams	None	N/A	Rank Prize Funds WellChild	Sponsorship of college course. Sponsorship of college course.			FSA and DEFRA Committees and working parties, including Cattle Movement, and Food Borne Disease. Trustee, Women and Children First. Fellow, UNICEF(UK).
Dr Ann Prentice	The Nutrition Society	Honorary Officer /Director	As Director of MRC Human Nutrition Research responsibility for institutional interests as listed: The Beverage Institute for Health and Wellbeing British Broadcasting Corporation The Coca-Cola Company Fresh Produce Consortium GlaxoSmithKline Kellogg's National Association of British-Irish Bread Millers Mars Optimal Performance Ltd Procter & Gamble Sanofi-Aventis Shellfish Association Unilever Foods UK Weight Watchers World Sugar Research Organisation Yo Sushi	Advisory Board Research Funding Advisory Board Consultancy Research Funding Consultancy Research Funding Consultancy Research Funding Consultancy Research Funding Consultancy Advisory Board Consultancy Research Funding Research Funding & Consultancy Research Funding Research Funding	Personal interests of husband, Professor Andrew M Prentice, London School of Hygiene & Tropical Medicine, as listed:  <b>Personal</b> Tanita UK Ltd., Advisory Board Member <b>Non-Personal</b> Bristol-Myers Squibb, Research Award		

# Annex 6

## SACN Working groups and subgroups - declaration of interests

Member	Personal interests			Non-personal interests			Any other interests		
	Company	Nature of Interest	Company	Nature of Interest	Company	Nature of Interest			
<b>Working Group on Iron</b>									
Professor Philip Calder	Equazen	Consultancy fees	B. Braun Melsungen	Research funding	None				
	Dutch Numico	Consultancy fees							
	Mead Johnson	Consultancy fees							
	Nutrionals	Lecture fees							
	B. Braun	Lecture fees							
Professor Sue Fairweather-Tait	Melsungen	Lecture fees							
	Pronova Biocare								
	Solvay Healthcare								
Professor Kim Fleischer Michaelsen	British Egg Information service	Consultancy fee	Coca-Cola GlaxoSmithKine British Egg Information Service Unilever	Research funding Research funding & Consultancy fees Research funding Research funding	None				
	None	N/A	None	N/A	None				
Professor Sally Grantham-McGregor	None	N/A	None	N/A	None				
	None	N/A	None	N/A	None				
Professor Joe Lunec	None	N/A	None	N/A	None				

Personal interests				Non-personal interests		Any other interests	
Member	Company	Nature of Interest	Company	Nature of Interest	Company	Nature of Interest	
<b>Working Group on Iron</b>							
Professor Martin Pippard	None	N/A	None	N/A	None	None	
Professor Mark Worwood	Nelsonbach	Advice on Spatone (single occasion)	None	N/A	None	None	
<b>Working Group on Energy</b>							
Professor Marinos Elia	None	N/A	None	N/A	None		
Professor Joe Millward	Innocent	Consultant	None	N/A	None		
Professor Andrew Prentice	None	N/A	Tanita UK Danone	Member of Medical Advisory Board One-off consultancy	None	None	
Professor Chris Riddoch	None	N/A	None	N/A	None		
<b>Subgroup on Child Maternal and Nutrition</b>							
Dr Robert Fraser	None	N/A	None	N/A	None		

