



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

**Agenda Item: 6**

Please see attached paper for information.

Initiative/ work area	Summary/background of work (No more than 250 words)	Current position	Next steps	EVALUATION (if applicable)		
				Plans for evaluation (what are outputs/ outcome measures of initiative)	Date evaluation expected/ completed	Evaluation of process or impact?
<b>National Diet and Nutrition Survey rolling programme</b>	<p>The NDNS rolling programme covers a UK representative sample of 1000 people per year (adults and children aged 1½ years upwards) with sample boosts in Scotland and Northern Ireland for the first two years, and in Wales from year two onwards.</p> <p>Dietary information is collected using a four-day diary. Other components include: a blood sample; 24-hour urine collection; physical measurements and blood pressure; physical activity questionnaire (Actigraph for young children); doubly labelled water assessment of energy expenditure in a sub-sample.</p> <p>Response rate for the diet diary met the target for Quarter 1 and Quarter 2 (55% of the eligible sample) but is likely to fall below the target for Quarter 3. Response for the nurse components, in particular the blood sample, has improved slightly but is still running below target. The consortium has implemented a number of measures to address this, and will be monitoring their impact closely.</p> <p>The working group reviewing physical activity data collection has recommended a move to Actigraphs for older children (11-15 years) and a shorter questionnaire (RPAQ) for adults. These changes will be implemented for year 2</p>	<p>Fieldwork for the first year is ongoing and due to be completed in May 2009. .</p> <p>Response rates are under close, continuous review.</p> <p>Discussions are in progress to review the optimum use of the four-day diary method to collect population level data on all seven days of the week. Any changes agreed will be implemented for year 2.</p> <p>Discussions are in progress about the format for reporting of year 1 results.</p>	<p>Results from the first year 2008/09 are expected December 2009</p> <p>Year 2 fieldwork will commence in April. The timing of nurse fieldwork will be changed as part of the strategy for improving response to the nurse component. This will result in a larger gap between the dietary data collection and the blood and urine collections.</p> <p>A decision on the continuation of blood sampling in year 2 will be made in March 2009 when response data from Quarters 1-3 will be available.</p>	N/A	N/A	

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<b>Management of the programme of nutrient analysis surveys and associated work</b>	<p>The Agency has issued a research call for third party management of the nutrient analysis programme. The successful contractor(s) will be responsible for:</p> <ul style="list-style-type: none"> <li>• Generating new nutrient composition data by designing, carrying out and reporting at least three nutrient analysis surveys;</li> <li>• Updating the electronic McCance and Widdowson's The Composition of Foods (CoF) Integrated Data Set (IDS);</li> <li>• Preparing a 7th summary edition of McCance and Widdowson's CoF in book form;</li> </ul> <p>The management contract is envisaged to be for a period of 4 years.</p> <p>A discrete project to analyse the nutrient composition of biscuits, buns, cakes and pastries began in June 2008</p>	<p>Contract negotiations underway with preferred bidder</p> <p>Analysis underway</p>	<p>Decision expected by October 2008. Work to begin April 2009</p> <p>Final report due March 2009</p>	N/A		
<b>Salt intake monitoring</b>	<p>The 2008 survey of salt intakes in adults aged 19-64 years was published in July. Results show that mean salt intake in this group has fallen to 8.6g/day from 9.5g/day in 2000/01. The survey was designed to assess salt intake in a UK representative sample of 692 adults aged 19-64 years, using the 24-hour urinary sodium methodology.</p>	Results published.	<p>Future monitoring of salt intake will be through the NDNS Rolling Programme. We are considering the need for a sample boost to provide a robust estimate of salt intake for adults in 2010</p>	N/A		
<b>Research to support</b>	<p>The review of analytical methods for assessing folate status, carried out by the Rowett</p>	Final report is being peer reviewed. To	Research call to develop the LC	N/A		

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<b>dietary surveys and nutrient analysis work</b>	<p>Research Institute to recommend a robust analytical method for use in future NDNS is now complete. The review recommended that LC MS/MS should be the primary method for future folate analysis, while microbiological assay was a suitable alternative method. Red cell and plasma samples from NDNS are being stored for later analysis.</p> <p>The Agency issued a research call for a review and expert workshop to make recommendations about methods for vitamin D status analysis in the NDNS and FSA-funded vitamin D intervention studies.</p> <p>The Agency is funding research at the University of Newcastle to produce validated tools for use by children to help estimate portion sizes in dietary surveys. The project is developing and validating a set of photographs and a computer-based tool.</p>	<p>be published by March 09.</p> <p>Appraisal panel held. Contract negotiation in progress.</p> <p>Ongoing</p>	<p>MS/MS method to be issued shortly. Interim arrangements for analysis of NDNS samples to be considered.</p> <p>Work to be commissioned April 09.</p> <p>Report due March 2009. Discussions will be held with the NDNS contractor in February to agree how the tools can be best used in the NDNS</p>			
<b>Iron Modelling</b>	<p>Recent evidence suggests that high red or processed meat (RPM) increases the risk of colorectal cancers.</p> <p>Any recommendations to reduce RPM may have significant effects on the proportion of the UK population with intakes below the LRNI and RNI for iron.</p>	<p>FSA are estimating current RPM consumption by analysing all NDNS food codes containing meat</p>	<p>To estimate current iron intake. A series of scenarios will then be modelled to investigate the impact of reducing RPM consumption on iron intakes.</p>	N/A		

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	<p>The Agency is carrying out estimated analysis on current RPM consumption and statistically modelling the impact of reducing RPM on iron intakes.</p> <p>This modelling will support any advice issued by SACN in relation to RPM consumption.</p>					
<b>Dietary Survey of Infants and Young Children</b>	<p>The Agency, along with joint funding from DH, plans to commission a UK-wide survey of the diets of infants and young children post weaning (aged 4-18 months), in order to bridge the gap in dietary data between the Infant Feeding Survey, carried out on behalf of the UK health departments, and the NDNS. FSA propose the main body of field work will begin in April 2009.</p> <p>A project management board has been set up including Dr Tony Williams who will represent SACN and the Subgroup on Maternal and Child Nutrition (SMCN). The board will meet to discuss the first steps of the survey once the contract is agreed.</p>	A preferred bidder has been chosen and a meeting will be held in early February to clarify issues raised in the earlier appraisal of proposals prior to setting a contract.	FSA/DH to meet with preferred bidder. Formal contract to be set to allow work to begin in April 09.	N.A	N.A	N.A
<b>Low Income Diet and Nutrition Survey (LIDNS)</b>	Further comments have been sought from SACN on the full LIDNS report and the summary note of a stakeholder workshop held in November 2007.	FSA have collated SACN's comments in the form of a position paper for agreement.	SACN has been invited to approve the position paper at its February meeting prior to publication on the SACN website.	N.A	N.A	N.A



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<b>Sustainability review of fish consumption advice.</b>	The Agency is carrying out a sustainability review of its dietary advice on fish consumption. This will add a consideration of environmental sustainability to the existing evidence on health and safety. A public consultation is underway, seeking comments on proposals for the Agency to develop a 'hub' within its advice providing links to further information. The evidence on health and safety contained in the joint SACN/COT report of 2004 has not been re-opened.	Public consultation published on 6 January.	Work to develop the Agency's advice will be informed by the consultation. Expected to be complete by the end of 2009.			
<b>Target Nutrient Specifications Review.</b>	Voluntary Target Nutrient Specifications (TNS) for manufactured products used in school meals were published in May 2006. These provide a benchmark for caterers selecting products and for manufacturers considering reformulation. The TNS set out maximum levels of fat, saturated fat and sugar in a range of manufactured products. A commitment was made at publication to review the TNS after two years.	The review will begin after completion of the current review of the wider salt targets, so that consistency between these targets and the TNS can be improved.				
<b>Agency and NGA work/School Meals</b>	The Agency and National Governors Association (NGA) in collaboration with other government departments published revised guidance to school governors on school food issues in October 2007.	Evaluation of this guidance has been completed.	Publication of article in NGA newsletter to alert governors to the findings of the evaluation.	Evaluation published on the Agency website and can be found at: <a href="http://www.food.gov.uk/healthierating/nutritionschools/schoolgovernors">http://www.food.gov.uk/healthierating/nutritionschools/schoolgovernors</a> . Evaluation looks at	Completed June 08	Impact/Process

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				the impact of the guidance document and Governors views in relation to school food and the distribution process.		
<b>What's Cooking?/ Cooking and Food Skills</b>	<p>What's Cooking? a guide to setting up and running community and school food clubs is an Agency programme of cooking clubs designed to help children and young people to choose, cook and eat safe healthy food. Initially rolled out to 92 settings in the North East, the programme has this year been rolled out to 49 settings in the East Midlands. What's cooking Clubs in the East Midlands run from April 08 to July 08.</p> <p>The guide which provides advice on how to set up a food club has been revised to reflect case studies from the North East roll out.</p>	Roll out of clubs in the East Midlands complete and there is evidence that some clubs have continued now that Agency funding has come to an end, either through their own means or associated membership of the School Food Trusts Lets Get Cooking Programme	Future of What's Cooking? programme to be considered in light of other government funding cooking programmes.	<p>Evaluation report published on the Agency website at <a href="http://www.food.gov.uk/healthiereating/nutritioncommunity/cookit">http://www.food.gov.uk/healthiereating/nutritioncommunity/cookit</a>.</p> <p>Evaluation looks at the impact on participants/ What's Cooking? clubs, coordinators views on the What's Cooking guide and explores what additional resources coordinators would like to help them run the clubs.</p>	Completed June 08	Impact
<b>What's Cooking? Kick and Cook/ Cooking and Food Skills</b>	What's Cooking? Kick and Cook is a pilot programme being run by the Tottenham Hotspur Foundation. Over the course of 5 weeks participants get the opportunity to learn about diet and health and food safety through practical cookery in the clubs stadium kitchens	The first clubs has taken part in the programme.	Accompanying pupil/teacher resources to be developed in light of learning from the first school.	Qualitative evaluation to take place using the Substance evaluation tool. Evaluation will	Interim findings expected March 09 with the final report expected in	Impact

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	and learning zone.  Five schools in Haringey are taking part in the pilot which ends in July 09		A Family Food Festival containing a number of diet and health workshops to be held in February to bring together the participants and their families of all the schools taking part in the programme	look at the impacts on participants and more widely on the schools themselves.	July 09	
<b>Manchester United/ Engaging children with food and lifestyle messages</b>	<p>The Agency is providing the Manchester United Foundation with a 3 year grant to develop, pilot and disseminate 'Something to Chew on' in the Manchester area. The programme will focus on increasing primary school aged children's knowledge and skills around the healthy eating and food safety competency themes.</p> <p>The programme will focus on schools in areas of deprivation and will be delivered by teaching and coaching staff through a blend of classroom and out of class activity. Manchester United coaches will lead an activity element around football.</p> <p>This is being funded in partnership with the Football Foundation and has the support of the DH/DCSF funded National Healthy Schools</p>	<p>Pilot has begun and programme has been rolled into 8 schools. Second stage will see it being rolled in a further 8 schools.</p> <p>A player visit to one of the schools provided some positive media coverage.</p>	<p>Progress is being made with preparations for year 2 and wider roll out into 2 other authorities.</p> <p>Materials piloted will be reviewed prior to publication at official launch Spring/Summer 09.</p>	<p>The evaluation is underway and has reported positive preliminary findings. Evaluation of the second phase of the pilot has begun.</p>	Interim pilot findings in January 09	Impact and Process

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	Programme.					
<b>Small Steps 4 Life Health Challenge</b>  <b>NEW</b>	<p>Small Steps 4 Life has developed from Agency commissioned research on a school based health challenge pilot. The Agency has successfully positioned this as a London 2012 related activity and will work with DCSF, DH, Healthy schools, School Food Trust, Change 4 Life, Youth Sports Trust, NCB and London Organising committee for the Olympic Games in developing and delivering the programme.</p> <p>Small Steps4Life programme and website is all about providing a fun way to help young people achieve healthier lifestyles and well being across the themes of healthy eating, getting active and feeling good. Small Steps4Life will help bring young people together to support each other as they take up their challenges. It could also help young people to embrace the excitement of the community and competitive nature of London 2012.</p>	Small Steps 4 Life is the spearhead activity for the healthy active lifestyle strand of London 2012 domestic education programme.	<p>Procure agency to develop Small Steps 4 Life website (in partnership with COI and Change4Life)</p> <p>Procure National Children's Bureau to lead on ensuring young people's voice is built into ongoing development of the programme</p> <p>Develop engagement and communication strategy.</p>	The work with Young people will act as our initial evaluation/marker for the development phase.		
<b>Planet Cook/ Engaging children with food and lifestyle messages</b>	<p>The Agency has provided a 3 year grant to Platinum Films to develop Planet Cook school resources aimed at 7-9 year olds and those aged up to 11-12 year old. The modules will cover all the competences identified in the FSA Food Competences framework.</p> <p>Support materials will include recipes and activities for use at school and at home. Downloadable modules will include</p>	Website and Planet Cook resources /activities being developed for 7-9 year olds.	Review support materials for modules as they are produced. Modules for 7-9 year olds due to be published on Agency/Planet Cook website late February 09	Evaluation of resources planned in 2009/10 Detail to be confirmed	Evaluation expected in 2009/10	Impact

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	worksheets, cooking, craft and tactile activities as well as games using the Planet Cook ethos and audiovisual resources and expertise.  The grant will also provide for Planet Cook to hold a school focussed competition by end of November 2010. Competition is still to be planned, though will link to the concepts involved in the developing programme.					
<b>myfoodspace/ Food Labelling Teachers Resource</b>	The Agency commissioned EBC Education Ltd to produce a food labelling teachers resource aimed at 9-11 year olds.  The teaching resource was developed to help deliver the Agency's Food Competences. It will help children to choose, cook and eat a safe healthy diet. Its development came about after research, with children and teachers indicated a gap in children's learning about food labelling which was especially evident for those aged around 9-11 years.  The teaching resource will help teachers bring food labelling to life and help young people to see how it fits in with their everyday lives.	Resource available from November 2008	The resource is will be available in Welsh later in the year.	Agency will consider user testing through the FSA's School Council Network and other routes as appropriate		
<b>Dish it up</b>	The Agency has commissioned 3T Productions to produce an updated version of the 'Dish it up' CD Rom for 11-12 year olds. Working with the British Nutrition Foundation to explore the need of young people and teachers, an	The resource was launched at the Design and Technology Show at the NEC in	Evaluation of Dish it up to explore how schools and other settings can use the CD Rom to engage	Report with case studies and examples of when and how the resource is most	Report due February 2009	Process and impact.

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	interactive curriculum focussed tool that engages and helps young people to make healthier choices within the context of their everyday lives has been developed.	Birmingham, November 2008.	young people in developing their food skills and knowledge  A Welsh version will be available later in the year.	useful and effective		
<b>New research under the Diet and Cardiovascular Health (N02) and Nutrient Status and Function (N05) programmes</b>	A call for research was published in 2008 with 5 requirements under the N05 and N12 programmes.	Three projects have been accepted for funding under the call: <ul style="list-style-type: none"> <li>The effects of the substitution of dietary SFA with n-6 PUFA or MUFA on vascular function. University of Reading</li> <li>Biomarker discovery for the assessment of zinc status. Rowett Research Institute.</li> <li>Development of a dose-responsive biological</li> </ul>	Contracts are currently being drawn up for these projects and they are expected to start between February – April 09.	N/A	N/A	N/A

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		marker for carbohydrate intake based on metabolomics and machine learning. University of Surrey.				
<b>FSA Nutrition Research Review</b>	An external independent panel have been commissioned to review the FSA's nutrition research portfolio. Following an initial internal scoping Workshop in May 2008, the panel had their first meeting in December 2008.	A full public consultation on the research review will be launched in February 2009.	The results of the consultation will be considered by the panel at their next meeting in June 2009 when recommendations to the Agency will be discussed and agreed.	N/A	N/A	N/A
<b>Salt - Review of salt reduction targets</b>	<p>The Food Standards Agency's voluntary salt reduction targets, which were published in March 2006, encourage food manufacturers and retailers to reduce salt levels in 85 categories of processed foods that contribute most of the salt to the diet.</p> <p>Starting in January 2008, the FSA has reviewed industry progress towards the salt targets, and what further work may be required in order to maintain progress towards the 6g average population target intake.</p>	Draft revised targets for a limited number of categories for 2010, and a complete set of new targets for 2012, were published for consultation in July 2008. 65 responses were received by the consultation deadline.	Publication of the final targets in the first quarter of 2009.			Progress on reduction in UK salt intakes, from urinary sodium analysis, was published in July 2008. This showed that intakes had fallen from 9.5g in

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						2000/01 to 8.6g in 2008.
<b>Nutrition and Health Claims</b>	<p>EU Regulation 1924/2005 controls the use of nutrition and health claims by prior authorisation, nutrient profiles and conditions of use. Health claims may be authorised if they can be substantiated by generally accepted scientific evidence (with some allowance for emerging science). The Nutrition Panel of the European Food Safety Authority (EFSA) will review the scientific evidence before the Standing Committee on the Food Chain and Animal Health authorises claims.</p> <p>EFSA published its opinion on nutrient profiles in February 2008.</p>	<p>The Commission has sent the draft EU list of 2,800 health claims to EFSA, which is now prioritising its work on this. Some further work on eligibility of certain claims remains, which should help relieve the burden on EFSA. EFSA has published its first 8 opinions on disease risk reduction and children's development and health claims. These were mainly negative due to lack of useful data for an assessment.</p> <p>A Commission working paper was circulated in June and this is being</p>	<p>To adopt a Community list of health claims.</p> <p>Nutrient profiles must be established</p>	<p>The Agency will have a vote in Standing Committee on authorisation of claims.</p> <p>This links into the Agency review of the Ofcom nutrient profile, which will</p>	<p>The deadline to adopt a Community list of health claims is January 2010.</p> <p>Established by January 2009 and will apply from 2011.</p>	

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		refined in light of comments. A revised paper for formal consultation is expected toward the end of October.		consider the EFSA opinion.		
<b>Saturated Fat and Energy Intake Programme</b>	<p>The Agency is committed to work with health departments to reduce saturated fat intakes from 13.3% to 11% of food energy by 2010 (for everyone from age 5 upwards). The Agency has also committed to support national obesity strategies, by helping consumers to achieve a balance between calorie intake and energy output.</p> <p>The Agency's Saturated Fat and Energy Intake Programme was published in February 2008. It covers four strands of work:</p> <ul style="list-style-type: none"> <li>• consumer awareness on saturated fat;</li> <li>• increasing availability of healthy options;</li> <li>• reduced portion sizes; and</li> <li>• reformulation of mainstream products.</li> </ul>	<p>Actions being taken forward include:</p> <ul style="list-style-type: none"> <li>• industry stakeholder groups have been established working to encourage reformulation of mainstream products (plus reducing portion sizes and increasing healthy options) that are significant contributors to saturated fat and added sugar in the diet;</li> <li>• Finalising consumer awareness</li> </ul>	<p>The Agency will develop aspirational targets on saturated fat that individual food businesses will consider and work towards on a voluntary basis. These voluntary targets will be subject to a full public consultation during 2009.</p> <p>The Agency is on target to deliver a consumer awareness campaign in February 2009.</p> <p>The Agency will work with industry on reducing single serve portions on</p>	Effectiveness of campaign will be evaluated.	Summer 2009	

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		<p>activity around saturated fat</p> <ul style="list-style-type: none"> <li>A stakeholder meeting was held in October 2008 to discuss the findings of the independent academic workshop &amp; other research into portion size to inform the evolving development of Agency policy.</li> </ul>	key saturated fat and calorie contributors, such as snacks and soft drinks.			
<b>FSA Review of Nutrition Research Portfolio</b>	Nutrition Division is currently undertaking a review of its nutrition research portfolio against the Agency's policy needs in order to make recommendations on its future direction.	An internal working group meeting to identify key questions to consider will be held at the end of May.	An external panel will meet in autumn 2008 to agree a proposal which will go out for consultation towards end 2008.			
<b>Front of Pack (FoP) traffic light labelling</b>	In March 2006, following consumer research carried out over 18 months involving more than 2600 UK consumers and working groups involving industry and NGOs, the Agency's Board published recommendation that voluntary signpost labelling should be based on four core principles:	Currently used by 8 retailers, 26 manufacturers, 5 service providers and 1 fast food restaurant, which equates to	<p>Continue to encourage companies to adopt the approach.</p> <p>In light of the Agency's ongoing</p>	The FSA has commissioned an independent evaluation which is currently underway to assess the impact of front of pack		

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	<ul style="list-style-type: none"> <li>– provision of information for fat, saturated fat, sugars and salt;</li> <li>– red, amber or green colour coding to provide at a glance information on the level (i.e. whether high, medium or low) of individual nutrients in a product,</li> <li>– provision of additional information on the levels of nutrients present in a portion of the product; and</li> <li>– use of the nutritional criteria developed by the Agency.</li> </ul> <p>Additional information on calories and / or %GDAs could also be included.</p> <p>The Board recommended signpost labelling is applied to 7 categories of composite, processed foods, e.g. ready meals, breakfast cereals, as, according to consumer research, these are the foods for which consumers find it most difficult to assess the nutritional content. Several adopters of the approach are successfully using the criteria on a wider range of products and the Agency is happy for them to do so.</p> <p>Technical guidance was re-issued in November 2007 to incorporate criteria for breakfast cereals and a change to the amber / red sugars criterion such that it is based on added, not total, sugars. The guidance can be found at:</p>	<p>approaching 10,000 products.</p> <p>23 public interest organisations support the approach including all the main professional health organisations.</p>	<p>work to review salt targets, the review of the signposting salt criteria will be delayed until 2009.</p>	<p>nutrition signpost labelling schemes in use in the UK market on consumer behaviour and understanding. The project will assess how effective these different labels are in terms of helping shoppers make healthier purchasing decisions and which elements of the different schemes best help people to correctly interpret nutritional information on food.</p>		

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	<p><a href="http://www.food.gov.uk/foodlabelling/signposting/technicalguide/">http://www.food.gov.uk/foodlabelling/signposting/technicalguide/</a></p> <p>Results of ongoing independent PMP evaluation of FoP labelling, together with other published research, will inform Agency's consultation on FoP labelling in spring.</p>		<p>PMP findings expected to be published in April.</p> <p>Public consultation on FoP labelling expected end May – SACN will be invited to respond.</p> <p>Will be considered by the Agency's Board in autumn.</p>			
<b>Proposed technical amendment to Nutritional Labelling Directive (90/496/EEC)</b>	<p>The European Commission published a working document of a draft Directive to amend Directive 90/496/EEC (the 'Amending Directive') in March 2008. The Amending Directive:</p> <ul style="list-style-type: none"> <li>– provides a definition of dietary fibre for labelling. This is similar to the proposed Codex definition.</li> <li>– provides new energy conversion factors for fibre (2 kcal/g) and erythritol (0kcal/g). These figures are based on opinions of the Food and Agricultural Organisation of the United Nations (FAO) (2003) and the Scientific Committee on Food of the EU (SCF)</li> </ul>	<p>The Amending Directive was voted on in Standing Committee on 23 June and the text was accepted.</p>	<p>It is anticipated the Amending Directive will be published in the Official Journal in October. The UK will then have one year to implement this into legislation.</p>			

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	<p>(2003).</p> <ul style="list-style-type: none"> <li>– updates the list of vitamins and minerals and associated RDAs. The new values are based on the opinion of the SCF (2003). One exception is folic acid where the SCF opinion proposed 400micrograms but the working document proposed 200micrograms. This is partly on the basis of the SACN modelling work and review papers which the UK provided to the Commission.</li> </ul> <p>The Amending Directive is published on the Agency's website at: <a href="http://www.food.gov.uk/consultations/consulteng/2008/nutlabelmar08eng">www.food.gov.uk/consultations/consulteng/2008/nutlabelmar08eng</a></p>					
<b>Independent Review of the Controls on Infant Formula and Follow-on Formula</b>	In November 2007, the Public Health Minister announced, as part of the package of measures to strengthen existing infant formula and follow-on formula controls, that an independently chaired review would be carried out to assess whether the new controls were working as expected or whether further action was needed.	At its third meeting on 11 September, the independent review panel discussed research proposals submitted in response to two research requirements published in July. One research project will establish the nature of infant formula	The intention is that the research will begin in mid October.	The panel will receive the final reports of the two research projects in July of next year. Panel members will then consider the results, along with information provided by stakeholders, and make recommendations as to whether the	The panel will make draft recommendations in August 2009. Stakeholders will be invited to comment and the panel will then finalise its recommendations in October 2009.	The timing and the nature of evaluation will depend upon the panel's recommendations.

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		(IF) and follow-on (FOF) advertising before and after new controls were put in place; the second will assess consumer perception of FOF advertising and whether babies younger than 6 months are being fed FOF.		new controls on advertising and presentation of IF and FOF are working as expected. If not, they will recommend what future action may be appropriate.		
<b>Independent Review of the Controls on Infant Formula and Follow-on Formula</b>	In November 2007, the Public Health Minister announced, as part of the package of measures to strengthen existing infant formula and follow-on formula controls, that an independently chaired review would be carried out to assess whether the new controls were working as expected or whether further action was needed.	At its third meeting on 11 September, the independent review panel discussed research proposals submitted in response to two research requirements published in July. One research project will establish the nature of infant formula (IF) and follow-on (FOF) advertising before and after new controls were	The intention is that the research will begin in mid October.	The panel will receive the final reports of the two research projects in July of next year. Panel members will then consider the results, along with information provided by stakeholders, and make recommendations as to whether the new controls on advertising and presentation of IF and FOF are	The panel will make draft recommendations in August 2009. Stakeholders will be invited to comment and the panel will then finalise its recommendations in October 2009.	The timing and the nature of evaluation will depend upon the panel's recommendations.

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		put in place; the second will assess consumer perception of FOF advertising and whether babies younger than 6 months are being fed FOF.		working as expected. If not, they will recommend what future action may be appropriate.		
<b>Nutrient Profiling</b>	<p>In December 2005 the Food Standards Agency (FSA) recommended its nutrient profiling (NP) model to Ofcom for use in its restrictions on high fat, salt or sugar (HFSS) food and drink television advertising to children. At this time the FSA committed to reviewing the effectiveness of the model at differentiating foods on the basis of their nutritional composition, in the context of Ofcom's UK broadcasting controls, one year from its first date of use.</p> <p>Ofcom applies the NP model through scheduling restrictions which do not allow advertisements for HFSS foods to be shown in or around programmes for children, or programmes that are likely to be of particular appeal to children. These restrictions came into effect from 1 April 2007 for children aged 4-9 year olds, and from 1 January 2008 for children aged 4-15 years old.</p> <p>The review has been managed by an</p>			<p>In July 2008 the Panel put its draft recommendations out to a full 12 week public consultation which closed on 29<sup>th</sup> September. Comments and views received during the consultation will be considered by the Panel at its next meeting on 24<sup>th</sup> October 2008.</p> <p>Following this meeting, the Panel's recommendations will be considered by SACN before</p>	The Panel's final recommendations will be presented to the FSA Board in March 2009.	n/a

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	independent group of experts (the Review Panel) chaired by Professor Mike Kelly (Public Health Excellence Centre Director, National Institute for Health and Clinical Excellence) and includes representation from SACN (Annie Anderson)			they are finalised and presented to the Agency's Board.		
<b>Folic acid fortification</b>	In February 2008, following an expert working group meeting in January 2008, SACN decided to defer agreeing a decision on mandatory fortification until the results of ongoing trials are available.	Agency officials are currently engaging with food and supplements industries about levels of voluntary fortification.	Following publication of CVD trials towards the end of 2008, SACN will discuss the outcome and implications of these results.			
	<b>FSA Scotland</b>					
<b>Secondary analysis of data contained in the SHS and EFS</b>	This project began in April 07 and is carrying out secondary analysis of the Scottish Health Survey (SHS) 2003 and the EFS 2001-2004. The aim is to derive and interpret dietary patterns within the current Scottish Diet using Principal Component Analysis (PCA) and a Diet Quality Index (DQI), from both the SHS 2003 (individuals) and the EFS 2001-2004 (households). The association between dietary patterns and levels of deprivation, lifestyle behaviours and health outcomes are being assessed using multivariate analysis techniques.	Final report received following peer review.	Final report in preparation for publication on website Feb 2009	Peer review of final report.	External peer review completed Nov 2008	
<b>Secondary analysis of data</b>	This project began in March 2007 and is using an already established and robust methodology to examine food and nutrient intakes from the	Project ongoing.	Differences in diet, food groups and nutrients by quintile	Peer review of final report.		

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<b>contained in the EFS</b>	EFS (2001-2007) and compare with the Scottish dietary targets. The results include estimates of free food which have now been incorporated into the EFS datasheets by Defra. In addition differences in diet, food groups and nutrients by quintile of socioeconomic group and area of residence are being examined.		of socioeconomic group and area of residence are currently being examined.  Final report due end Sept 2009.			
<b>Red meat intakes in Scotland  NEW</b>	<p>The Agency is carrying out analysis to estimate current UK Red and processed meat (RPM) consumption and statistical modelling of the impact on reducing RPM consumption on iron intakes.</p> <p>There is an additional requirement to provide information using Scottish data sets as the NDNS provides insufficient numbers for Scotland. The Expenditure and Food Survey has been used by FSAS to monitor progress towards dietary targets and it is proposed that this survey data is used with the purpose of quantifying red and processed meat intakes in Scotland. This information will be used to inform Scottish Government, will supplement the UK data and may feed into the Agency's iron modelling work.</p>	Data set and coding frame are being prepared for estimation of red, processed and total meat consumption in Scotland	Estimation of RPM intake using all EFS food codes containing meat. Differences in intake by income and SE grouping also to be analysed.			
<b>Secondary analysis of the survey of sugar intake among</b>	In May – Sept 2006 a national survey of the diet of children aged 3-17 y was carried out across Scotland and was published in March 08. As validation for the FFQ, two sub samples of children (and their parents) were asked to	The final report is currently being finalised before publication on the website.	To be published on the website end Jan 2009.			

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<b>children living in Scotland</b>	complete either a 4 day non-weighted diary or 24 hr multiple pass recall. Secondary analysis of the data has been carried out to identify: a) dietary patterns using principal component analysis from the FFQ and their possible associations with demographic and socio-economic variables b) differences in meal and snack patterns and in nutrient intakes between school and non school days from the 4-day diary c) differences in foods consumed and nutrient intakes for children taking school lunches and packed lunches using data from the 24-h recall.					
<b>Analysis of red and preserved meat purchases in Scotland using representative supermarket panel data</b>  <b>NEW</b>	The rationale of this project is to a) address the lack of data on meat consumption in Scotland with which to inform Scottish Government and FSAS policy in relation to setting Scottish Dietary Targets and b) allow us to begin to explore the possibility of using supermarket panel data as an additional source of information on the food purchasing patterns of people in Scotland.  The Food Marketing Research Team at the Scottish Agricultural College is working in partnership with the Kent Business School dunnhumby Academy of Consumer Research, on projects using the dunnhumby data. The dunnhumby database comprises a sample that is representative of UK supermarket shoppers. We have had the opportunity to commission work	The data set and coding frame are being prepared analysis	Interim report due 22 <sup>nd</sup> Jan 2009.	Peer review		

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	<p>using this database of approximately 80 000 households in Scotland.</p> <p>The specific aim in this instance is to provide information on categories of red meat and processed meat purchasing patterns in relation to lifestage, lifestyle, region, and neighbourhood (geo-demographics).</p>					
<b>Selenium</b>	<p>Survey results reported in 1995 suggested that selenium intake among the Scottish population was low (Barclay <i>et al.</i>, 1995). There is also emerging (unpublished) evidence to suggest that the selenium status of the Scottish population may be lower than that of other parts of the UK.</p> <p>It is increasingly recognised that the selenium status of Scottish soils is likely to be low due to its acid nature and geological parent material. The aim of this project is to measure the selenium status of Scottish soil in high and low selenium regions and measure the selenium status of crops grown locally and foods originating from animal production in the selected selenium regions.</p>	The sampling phase of this project is now complete.	Final report due March 2009.	Peer review		
<b>Scottish Urinary Sodium survey 2009</b>	The Scottish Government have a Scottish Dietary Target <sup>1</sup> and FSA have a strategic plan target <sup>2</sup> to reduce salt intakes to 6g/day. Both targets are currently set for achievement by 2010.	Fieldwork for the project started Jan 09.	Final report due March 2010.			

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<b>NEW</b>	In 2006, FSAS commissioned a urinary sodium survey in Scotland and found that average salt intakes were 9.1g/day. The most recent UK study was conducted in 2008 and found that average salt intakes had reduced to 8.6g/day. This UK survey however, only included just over 70 participants from Scotland. To monitor the Scottish progress towards the 2010 target, the FSAS have commissioned a 2009 survey of 24 hour urinary sodium in a representative sample of the Scottish population.					
<b>Eatwell Week</b> <b>NEW</b>	FSAS are leading a UK project aimed at the application of Eatwell guidelines to weekly food intake and the design and testing of a sample menu. The project covers three main areas: 1) Development of an <i>eatwell week</i> menu including meals, additional foods/snacks and beverages 2) Development of an <i>eatwell week</i> resource including photographs and supplementary information 3) Testing of the <i>eatwell week</i> resource in focus groups with lay and professional stakeholders	An ad-hoc research requirement is open until 20/02/09. An appraisal panel has been set up with members from FSAS, FSA HQ and Scottish Government	A decision on the contract is due in May 09, with the work beginning in Aug/Sept 09	The resource will be tested in focus groups		
<b>Teachers Panel</b>	FSAS facilitated a Pilot Teachers Panel on 18 January 2008. The Panel consisted of 10 key individuals representing Scottish schools and educational establishments. They reviewed resources developed for schools by FSAS to ensure that: they match FSA competencies they	Facilitator appointed in June 2008 to manage panel meetings for the next 3 years. <b>Panel took place</b>	Next panel meeting scheduled for March 2009.	Evaluation will be built into to each event. Teachers who attend the event are asked to provide feedback	Incorporated into the report completed following the scheduled events.	Process

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	are compatible with current learning and teaching practices; they link to the Scottish curriculum and are targeted at the appropriate age group. An evaluation report was produced.	<b>November 2008 to examine FSAS resources.</b>		on the usefulness of the panel meeting		
<b>Hygiene, Healthy Eating and Activity in Primary Schools (HHEAPS) Initiative</b>	HHEAPS has developed from an initial pilot with Aberdeen Football Club and the Active Schools network during 2006/7. The initiative adopted the concept of using a colourful 'Mission Book' of classroom activities, combined with message reinforcement by sports coaches as positive role models to make children more aware of the benefits of food hygiene, healthy eating and keeping fit. A formal 3 year partnership with the Scottish Football Association (SFA) and Scottish Rugby Union (SRU) has been established to deliver the initiative to 10,000 P4 –P6 pupils per year.	Materials have been updated and SRU & SFA are taking forward delivery of the initiative into year 2 of the 3 year contract.	Monitor delivery of the initiative and pilot resources with SEN schools/pupils and develop generic resource to use with other activities. Tennis Scotland considering pilot with the Agency	Evaluation integral and ongoing. FSAS Evaluation test aims: Has the resource raised awareness of key FSA messages?; Logistics; Partnership between FSAS, sports coaches and schools.	July 2009	<b>Process:</b> logistics of delivering resource materials to appropriate schools for start of the initiative. <b>Impact:</b> a) Testing the usefulness of the resource in relation to the curriculum. b) Testing if the children knowledge has increased as a result of the resource.
<b>Primary and</b>	FSAS has developed a new educational	Pilot launched in	Pilot period will	FSAS Evaluation	June 2009	<b>Process:</b> :

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<b>Nursery School Resource</b>	resource for 3 to 12 year olds. It consists of a bright and engaging mobile unit containing a variety of non electronic games. The resource will be piloted in two Scottish Local Authorities (LAs) from 27 October 2008.	two Scottish LAs Dundee and Moray on 27 October  Independent Company have been engaged to perform an ongoing evaluation for the pilot period	end May 2009	test aims :  Has the resource raised awareness of FSA key messages?; Do games meet learning outcomes?; Logistics ; LAs cooperation to pilot the resource.		logistics of transporting resource and administration aspects <b>Impact:</b> a) Testing the usefulness of the resource within the curriculum. b) Testing if children have understood Agency messages as a result of the resource.
	<b>FSA Wales</b>					
<b>6<sup>th</sup> round of AFAL Awards (Awards for Food Action Locally)</b>	The 2008-09 AFAL awards closed for nominations in December 2008. This round of AFAL saw three nomination categories: <ul style="list-style-type: none"> <li>initiatives working with primary and/or secondary schools that contribute to the <i>Appetite for Life</i> action plan</li> <li>initiatives targeting older people especially vulnerable older people</li> </ul>	Judging took place on 13 <sup>th</sup> January and the 5 winners and 5 runners-up have been notified of their success.	Presentations to the winning projects will be made during March and April 2009.			

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	<ul style="list-style-type: none"> <li>initiatives targeting other priority groups such as those on low incomes, from black or ethnic minorities or any other vulnerable consumers</li> </ul>					
<b>Work targeted at older people</b>	FSA Wales is joint funding (with WAG) two pilots for Older People in Community Settings. One will be focussing on the prevention and early detection of malnutrition amongst older people through integrated community action and the other will be reviewing existing courses available for nutrition education for care homes and older people including the development of an accredited bespoke course as appropriate.	Further meetings are being held with both projects during January to finalise project plans.		Both projects will be submitting annual reports detailing progress against various outcomes.		
<b>Food industry engagement</b>	FSA Wales co-hosted a seminar with UWIC's Food Industry Centre on 28 October 2008 which focussed on the FSA's traffic light labelling scheme. Representatives from ASDA, Moy Park Ltd and Netmums took part in the seminar which addressed: How the Food Industry Centre could support businesses with adopting front of pack nutritional labelling How the 'Traffic Light Labelling' system operates The benefits of using consumer friendly nutritional labelling How retailers and manufacturers could implement front of pack labelling and the stages involved in its adoption.	A further joint seminar addressing reformulation is scheduled to take place on 4 <sup>th</sup> March.				

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<b>Work with Black and Minority Ethnic Groups</b>  <b>NEW</b>	FSA Wales have commissioned a review of dietary interventions in black and minority ethnic (BME) groups. The review will evaluate any UK based information, including unpublished information of healthy eating interventions in people from BME groups. The review will provide recommendations for the most effective approaches to delivering interventions in these groups, which FSA Wales will use to consider approaches that could be piloted in Wales.	Initial analysis of BME groups in Wales to inform the relevance of dietary interventions to be completed by end January 2009.	Final report to include analysis of dietary interventions and approaches recommended for potential pilot in Wales due end of March 2009. The final report will be completed by April 2009.	n/a		
<b>Teacher Trailer Pack</b>  <b>NEW</b>	Piloted in September 2007 and completed in September 2008, the Bilingual Teacher Pack was primarily developed to support the activity of the FSA Wales educational resource trailer in schools. It is also useful for schools generally to support work on healthy eating and food safety. The pack targets children at Key Stage 1 and 2 and contents include: <ul style="list-style-type: none"> <li>• Classroom resources and teachers' guide to the eatwell plate</li> <li>• A DVD of the FSA Wales pantomime Aliddon plus accompanying teaching resources and classroom activities</li> <li>• Interactive learning programme on CD ROM "Teaching Food Safety"</li> <li>• Food competency framework, and</li> <li>• Information concerning special dietary requirements</li> </ul>	A copy of the pack to has been distributed to Healthy School Co-ordinators in Wales, and is available on request to schools. There has been a high level of requests for copies and early positive feedback.	To make the pack available for download from the FSA Wales website. To ensure the pack supports 2009-10 trailer activity in schools.	The pack will be reviewed by a teacher panel being convened 27 <sup>th</sup> January.	Panel feedback is due in February.	

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	The revised Welsh curriculum that has been in place since Sept 08 places more emphasis on the teaching of food – and is much more skills focussed. The teacher pack delivers on this objective by providing practical hands-on activities for the children to participate in.					
<b>Poster Lesson Plans</b>	Lesson plans are being developed to support the series of comic-strip style healthy eating posters aimed at 11-16 year olds that were launched in May 2008. The lesson plans will support the learning aspects of the posters: the importance of breakfast; making healthier choices using traffic light & labelling; and the eatwell plate model.	The plans will be available for download from FSA Wales website during February.	By end of February it is anticipated that the plans will be available on CD Rom to be sent out to schools.			
	<b>FSA Northern Ireland</b>					
<b>NDNS</b>	Agreement has been reached on the NI boost sample for NDNS. 200 respondents will be sampled in NI in 2008/09 and a further 200 in 2009/10.	Funding in place. Sampling commences 2008/09.	Oversee the project.			
<b>‘Fit Futures’ Obesity Prevention Steering Group</b>	The DHSSPS has set up an Obesity Prevention Steering Group to oversee, co-ordinate and drive forward the implementation of ‘Fit Futures’ and widen the strategy to include the adult population. Four Advisory groups will report to the Steering Group; a food and nutrition group, a prevention, education and public information group, a physical activity group and a data and research group.	Inaugural meeting took place on 18 February 2008.	Attend sub-groups as required.			

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<b>Procurement</b>	The Department of Finance and Personnel are currently producing guidance on integrating sustainable development into the procurement of food and catering services. FSANI has placed a link into this document to the Agency's guidance on food served to adults in major institutions.	Routine contact with Central Services Agency to have nutritional standards built into procurement contracts.				
<b>Peer Education Model – Eating Well for Older People</b>	<p><b>Aim:</b> Develop and facilitate a practical nutrition programme for older people to deliver to their peers in a community setting.</p> <p><b>Objectives:</b></p> <ol style="list-style-type: none"> <li>1. To develop a practical, fun nutrition programme suitable to deliver to groups of older people.</li> <li>2. To identify and train a number of suitable peer trainers throughout Northern Ireland.</li> <li>3. To support the peer trainers in the rollout of the programme.</li> <li>4. To evaluate the programme, amend as appropriate and consider future opportunities for nutrition activities with this age group</li> </ol>	<p>42 Peer Educators trained.</p> <p>Eatwell Bingo - nutrition game developed and produced.</p> <p>Eatwell Bingo delivered to peer trainers to use within their group work with older people.</p>	Support peer trainers to deliver nutrition sessions based on the Eatwell Bingo game.	Evaluation in February / March 2009 with the peer trainers and participants		
<b>Homeless Strategy</b>	Following on from the launch of the FSANI report on Homeless people (July 2007), the first phase of “Grub’s Up” – A Certificate in nutrition, hygiene and food skills has been completed. The course consists of five two	The programme was piloted two Simon Community Hostels.	“Grub’s Up” resources are currently being printed.	Independent evaluation with dieticians, environmental health officers and		

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	<p>hour sessions covering hygiene, nutrition, meal planning, preparation and cooking skills. Course materials have been developed by FSANI. The course is accredited by the Open College Network at level one. Each participant is required to complete a portfolio of evidence if they wish to be considered for the OCN award.</p> <p>“Grub’s Up” was piloted with a number of Simon Community Hostels for the homeless in Northern Ireland.</p>		Resource to be introduced at a half day workshop initially to dieticians and environmental health officers who have passed the Diploma in Nutrition and Health (Community). EHOs to roll the programme out across NI.	participants will be commissioned in 2009.		
<b>Survival Guide to Food</b>	Following the pilot and evaluation of ‘Fresher Food’ a Student Survival Guide, and further to discussions with the Council for Curriculum, Education and Assessment (CEA) in Northern Ireland FSANI has reproduced the Guide under the name ‘A Survival Guide to Food’ as a resource to support the Learning for Life and Work module for A Level pupils. The resource includes information on shopping and cooking on a budget; kitchen hygiene; getting the most from your diet; how to prepare food and a selection of recipes. The Guide is available for all post primary schools in Northern Ireland.	Letter to teachers notifying them of the resource	<p>Introduce the resource to Sixth Form Co-ordinators through workshops.</p> <p>Distribute resource for use from September 2008.</p>	Tender process for independent evaluation from March 2009.		
<b>Whole School Approach to Food in</b>	The Department of Education for NI are to make The Food in Schools Policy available for a 12 week public consultation in the Autumn	Research to commence imminently.	A verbal report should be available in June 2008 with a			

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<b>Schools</b>	<p>2008.</p> <p>The Health Promotion Agency for Northern Ireland has commissioned baseline research to examine individual's attitudes to, and perceptions of, school meals/food in schools/healthy eating, etc, and highlight the current issues such as queuing, dining room ambience, non take-up of free school meals, and school policies, etc. It involves all the key groups including pupils, parents, catering staff, teaching staff, principals and Boards of Governors. The research is both qualitative and quantitative.</p>		<p>full written report to follow.</p> <p>Evidence from the report will guide the communication strategy for food in schools.</p>			
<b>Ecoworld</b>	<p>Ecoworld is an e-based project designed by the Consumer Council and CEA (Council for Curriculum, Exams and Assessments) to encourage young people to gain an understanding of the implications for the individual, society, the economy and environment in areas related to sustainable development, including food. The resource also educates young people on independent living and encourages responsible and informed choices.</p> <p>Under the heading eco-topics there is a section dedicated to Food which incorporates information provided by FSANI on the eatwell plate, food safety issues and signpost labelling (traffic lights). There are also tasks of the</p>	<p>Ecoworld was launched on 29 April 2008.</p>				

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	young people to complete which are relevant to these subjects. There are weblinks to the FSA websites and ecoworld can be viewed on <a href="http://www.ecoworld.org.uk">www.ecoworld.org.uk</a>					
<b>Saturated Fat and Energy Programme</b>	NI links with the national programme.  Stakeholders were invited to respond to the consultation document and attend a Stakeholder meeting.	Presentation by Saturated Fat and Energy Intake Programme Staff to Open NIFAC meeting. Question and Answer Session followed by stakeholder discussion with panel.	Ensure links are made with NI food businesses to the national strategy.			
<b>Signpost Labelling</b>	NI links with the national programme.	Four new adopters in NI – one bakery and three manufacturers of meal accompaniments. This brings the total number of adopters in NI to 9.  FSANI stand promoting signpost labelling at IFEX – a three day trade exhibition.	Continue work to with manufacturers and food companies to adopt signpost labelling.  Follow-up factory visits for interested companies identified through IFEX.			

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<b>Nutrition training for Environmental Health Officers.</b>	<p>Diploma in Nutrition and Health (Nutrition in the Community) – RIPH course. The aim of the course is to enable Environmental Health Officers to provide advice and guidance on nutrition to caterers and to deliver basic nutrition training to caterers.</p> <p>The course is organised by FSANI in partnership with the Health Promotion Agency for NI, and is delivered by Community Dieticians.</p>	Two courses delivered - 14 Environmental Health Officers have successfully completed the training.	Two courses to be delivered Sept-Dec 2008.			