



**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	Current position	Next steps	Plans for evaluation? (If applicable)
National Diet and Nutrition Survey rolling programme	<p>The NDNS rolling programme will cover 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.</p> <p>A comparison study was carried out in 2007 to compare two potential dietary assessment methods – the four day unweighed diary on consecutive days and the 24-hour recall on four non-consecutive days. The results showed little difference in response rates for the two methods and a review of the scientific literature suggested no major differences between the methods. The unweighed diary was chosen for the rolling programme as it was considered to give more flexibility over a broad age range. Full dietary results from the comparison study were received in April 2008 and show that there were few differences in energy or nutrient intake or mis-reporting (as assessed by doubly labelled water) between the methods.</p> <p>Following problems encountered with the analysis and interpretation of physical activity data from the comparison study, a working group including independent experts is being set up to review the data collection and analysis procedures.</p> <p>The components of the NDNS include:</p> <ul style="list-style-type: none"> • Face to face interview collecting background information on dietary habits, socio-demographic status and lifestyle. • Four-day unweighed diary to provide detailed, quantitative information on foods consumed and nutrient intake • Physical measurements: height (infant length under 2 years); demispan (65 years +) weight; waist and hip circumference (11 years +); mid upper arm circumference (up to 15 years). • Blood pressure (4 years and over) • Fasting blood sample for biochemical indices of nutritional status. • 24-hour urine collection to estimate salt intake (age 4 years and over) • Physical activity: questionnaire; Actigraph measurements for 7 days in children aged 4-10 years • Assessment of energy expenditure by doubly labelled water in a sub-sample 	Fieldwork for the rolling programme began in April 08 following a run-in period in February/ March to test procedures	Results from the first year 2008/09 are expected December 2009	

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Management of the programme of nutrient analysis surveys and associated work	<p>In 2006 the Agency commissioned a review of the nutrient analysis programme with the aim of identifying the most cost-effective way of obtaining nutrient data. The report of the review (Strategic review of the nutrient analysis programme for the Food Standards Agency, CSM February 2007) recommended that the nutrient analysis programme should be managed by a team of external experts while FSA should retain input into the content of the programme and a role in quality control.</p> <p>The contractor(s) will be responsible for:</p> <ul style="list-style-type: none"> • Generating new nutrient composition data by designing, carrying out and reporting at least three nutrient analysis surveys; • Updating the electronic McCance and Widdowson's The Composition of Foods (CoF) Integrated Data Set (IDS); • Preparing a 7th summary edition of McCance and Widdowson's CoF in book form; <p>The management contract is envisaged to be for a period of 4 years beginning in December 2008.</p> <p>The Agency is commissioning a discrete project to analyse the nutrient composition of biscuits, buns, cakes and pastries. Work is expected to start in June 2008.</p>	The research requirement will appear in RRD28, published on 30th May 2008.	A briefing meeting for potential applicants will be held at FSA on 13th June.	
Salt intake monitoring	Results from surveys of salt intake in adults in 2005/06 showed a small drop in average salt intake in adults from 9.5 to 9g/day. The Agency commissioned another survey in 2007/08 to monitor progress in reducing salt intakes towards 6g/day. The survey was designed to assess salt intake in a UK representative sample of 600 adults aged 19-64 years, using the 24-hour urinary sodium methodology. Data collection was due to begin in November 2007 but was put back to January 2008 due to a delay in receiving ethical approval for the survey due to volume of work at the Committee.	Sample collection complete and laboratory analysis underway	Final report expected July 2008	

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Review of analytical methods for assessing folate status in the population	<p>Analysis of red cell and serum/plasma folate to assess folate status has been included in all previous NDNS. However assay methods have changed over time and as values and normal ranges are method dependent it is difficult to make comparisons between the results from different surveys or between NDNS and non-UK surveys. SACN expressed concern about the robustness and comparability of folate assays between surveys and over time and recommended that a sufficiently robust standard analytical method was needed to establish a baseline measure of folate status prior to any mandatory fortification of flour with folic acid, and monitor trends.</p> <p>The Agency has commissioned the Rowett Research Institute to carry out a review and expert workshop in order to recommend a suitable method for use in the NDNS rolling programme.</p>	Expert workshop held April 2008. Report in preparation	Final report expected July 08. Report will inform FSA decision on future choice of method for blood folates in NDNS	
Review of analytical methods for assessing vitamin D status in the population	<p>Assessment of vitamin D status in the population, by analysis of blood samples for plasma 25(OH)D has been included in the NDNS programme since the 1990s and is included in the NDNS rolling programme. In its position statement on vitamin D SACN expressed concern about the lack of standardisation between laboratories and methods for measuring plasma 25(OH)D concentration and recommended that there was an urgent need to resolve this.</p> <p>The Agency has issued a research call to carry out a review and convene an expert workshop with a view to making recommendations about vitamin D analysis in the NDNS rolling programme.</p>	Proposals received and being assessed by expert appraisal panel	Decision expected by August 2008. Work to be commissioned autumn 2008	
Dietary Survey of Infants and Young Children	The Agency plans to commission a survey of the diets of infants and young children post weaning (aged 6-18 months), in order to bridge the data gap between the DH Infant Feeding Survey and the NDNS. FSA propose field work will begin in April 2009.	Ideas gathering stage. Seeking comments on draft requirements from relevant parties in FSA, DH and will include the Subgroup on Maternal and Child Nutrition (SMCN) via email exchange.	Organise a meeting in July to stimulate interest among potential contractors. Issue specification and call for proposals in September / October 2008.	
Low Income	The Low Income Diet and Nutrition Survey (LIDNS) report was published	FSA are currently	1. Complete note of	

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Diet and Nutrition Survey (LIDNS)	<p>on the Agency website in July 2007.</p> <p>SACN gave comments on the LIDNS executive summary at the October meeting.</p> <p>FSA held a workshop in November 2007 with a number of stakeholders to look at the LIDNS report and what its findings mean for FSA and our partners.</p>	working to identify the key themes emerging from the workshop and consider how these might best be taken into our business planning process.	workshop and feedback to workshop attendees and SACN. 2. Seek further comments from SACN on the full LIDNS report, and recommendations on how best to proceed.	
Sustainability review of fish consumption advice.	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 contained in the joint SACN/COT report of 2004.	Discussion with stakeholders underway to frame later formal consultation	Formal consultation exercise to begin in September 2008.	
Target Nutrient Specifications Review.	<p>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.</p> <p>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.</p>	Awaiting completion of the wider salt target review.		
Your Baby Leaflet	A new FSA leaflet 'Your Baby', which contains practical advice for mothers about feeding their baby from the early months to a year old, has been published. The leaflet is available on the Agency's website at: www.eatwell.gov/yourbaby	Published	n/a	n/a
Teenage Girls	The FSA is working with Orange 20 Advertising on producing monthly advertorials in top selling teenage magazines Bliss, Shout and Mizz to try and target and engage with teenage girls. The advertorials feature messaging around the FSA's Food Competences 4 themes; diet and health, consumer awareness, cooking and food safety.	Ongoing	Ongoing	Orange 20 to produce a survey of impact.

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Institutions	The FSA updated published guidance and example menus for food served to adults in major institutions to include menus reflecting the prison service in April 2008. The guidance can be found at the following link: http://www.food.gov.uk/healthiereating/nutritioncommunity/pubinstguide	Published The Prison Service have included Agency guidance in their Catering Guide HMPS PSO 5000	Continue to provide advice to OGD as appropriate	N14 Research project - Implementing healthier menus in residential care homes for older people: evaluation of barriers, facilitators and the impact on dietary intake due to report in 2011.
Agency and NGA work/ School Meals	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.	An evaluation of this guidance is in progress	Receipt of evaluation results in June 08 followed by dissemination	[See next steps]
What's Cooking?/ Cooking and Food Skills	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. The guide which provides advice on how to set up a food club have been revised to reflect case studies from the North East roll out.	An evaluation of clubs in the North East has been completed	North East Evaluation to be disseminated. Electronic versions of What's Cooking guide to be placed on Agency website	Evaluation to be carried out on clubs in the East Midlands
Chef's adopt a school/ Cooking and food skills	The Agency has provided the Association of Culinary Arts (ACA) a grant to provide primary schools in disadvantaged areas of East London/East Anglia with tasting and cookery sessions as part of their Chef's Adopt a School scheme. The aim of the scheme is help children develop their knowledge of food and food provenance, while understanding the diversity of foods eaten by	New chef now in place and sessions have restarted.	Ensure that all sessions promised are delivered in line with grant agreement.	Evaluation ongoing through ACA feedback reports

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	different people for cultural or medical reasons.			
Manchester United/ Engaging children with food and lifestyle messages	<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 Programme.</p>	Contracts signed. Project officers at Manchester United Foundation have been recruited.	Development of lesson plans and activities prior to pilot start and evaluation research company/institute to be selected.	This pilot project will be evaluated. Details to be confirmed. An independent research company to be procured by the Foundation.
Planet Cook/ Engaging children with food and lifestyle messages	<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 worksheets, cooking, craft and tactile activities as well as games using the Planet Cook ethos and audiovisual resources and expertise.</p> <p>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.</p>	Project staff being recruited and an overarching framework for delivery of support materials is being developed	Review support materials for modules as they are produced and when satisfied publish on Agency/Platinum films web sites.	Evaluation of resources planned in 2010/11
Food Labelling Teachers Resource	<p>The Agency commissioned EBC Education Ltd to produce a food labelling teachers resource aimed at 9-11 year olds.</p> <p>The teaching resource has been 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</p>	Development work commenced in February 2008	Resource is expected to be completed by the end of June 2008	Agency will consider user testing through the FSA's School Council Network and

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	<p>teachers indicated a gap in children's learning about food labelling which was especially evident for those aged around 9-11 years.</p> <p>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.</p>			other routes as appropriate
Manual of Nutrition	The 11 th edition of the Manual of Nutrition was published on the 9 th May 2008. This publication provides the reader with an introduction to basic nutrition principles and information on the nutritional value of food and diets. The 11 th edition contains new information and statistics including; updated composition of foods and dietary intakes/targets for the UK population; safety aspects of vitamins and minerals; the 'eatwell plate'; and relevant public health advice relating to specific population groups.	Manual of Nutrition published	N/A	N/A
Dish it up	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 interactive curriculum focussed tool that engages and helps young people to make healthier choices within the context of their everyday live has been developed.	CDRom being user tested with pupils and teachers prior to sign off final version.	Evaluation of Dish it up to explore how schools and other settings can use the cd rom to engage young people in developing their food skills and knowledge	[See next steps]
New Research under the Food Choice Inequalities (N14) Programme	Proposals will be invited to: Investigate influences on children's and young people's food choice within the family. We will be particularly interested in proposals which tackle emerging policy issues or address gaps in the evidence base but especially those which develop and/or test interventions designed to encourage healthier food choices. The research must either evaluate an intervention or provide a clear basis for developing an intervention which could be evaluated at a later date or as a next stage in research.	30 May publication of Research Requirement Document 28	Deadline for submission of proposals 25 July 2008. Appraisal panel will be held in Autumn 2008.	
New research under the Diet and	At the beginning of June the Agency will be holding scientific research appraisal panels to commission work under its N02 and N05 programmes, the research requirements cover the following areas:	Appraisal panels will be held in early June.		

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Cardiovascular Health (N02) and Nutrient Status and Function (N05) programmes	<ul style="list-style-type: none"> • The effects of substituting saturated fat with dietary n-6 polyunsaturated or monounsaturated fatty acids on vascular function. • Trans fat intake and status in the UK population in relation to the risk of developing coronary heart disease, cancers, diabetes and obesity. • Markers of dietary exposure, status and function for micronutrients/macronutrients to use in national nutrition surveys. • The role of food and/or nutrients in protecting against cognitive decline and impairment in the elderly. 			
Salt - Review of salt reduction targets	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.	The FSA is currently reviewing 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.	The FSA will undertake a public consultation on revised targets over the summer, with a view to publishing the final targets by the end of 2008.	Progress on salt reduction will be monitored using urinary sodium analysis, the most recent results of which will be published at the same time as the consultation.
Nutrition and Health Claims	<ul style="list-style-type: none"> • 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. • EFSA published its opinion on nutrient profiles in February 2008 . 	The Commission is finalising terms of reference for EFSA for this work and intends to forward its draft EU list of health claims to EFSA before the summer. EFSA is now also receiving applications for disease risk reduction and children's development and health claims.	The deadline to adopt a Community list of health claims is January 2010. Nutrient profiles	The Agency will have a vote in Standing Committee on authorisation of claims. This links into

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		Member States will discuss options for a model in June.	must be established by January 2009 and will apply from 2011.	the Agency review of the Ofcom nutrient profile, which will consider the EFSA opinion.
Saturated Fat and Energy Intake Programme	<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), and to developing and implementing a programme for calorie intakes, which contributes to achieving a balance between calorie intake and energy output, by end 2008.</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"> • consumer awareness on saturated fat; • increasing availability of healthy options; • reduced portion sizes; and • reformulation of mainstream products. 	<p>Actions being taken forward include:</p> <ul style="list-style-type: none"> • industry partnerships focussing on 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; • an independent academic workshop (April 2008) considered issues relating to energy intake and portion size; and • Agency research to support consumer awareness activities on saturated fat was published in February 2008 	The Agency is developing a consumer awareness campaign on saturated fat for launch early next year.	

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		www.food.gov.uk).		
		The role of portion sizes have also been considered in an Agency hosted meeting of independent experts in April 2008. The report of which will be published shortly and will inform the developing policy.	Further research and discussions will be held with stakeholders to decide how best to proceed on any consumer awareness activity.	
FSA Review of Nutrition Research Portfolio	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.	
Independent Review of the Controls on Infant Formula and Follow-on Formula	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.	Independent experts have now been appointed to carry out the review.	A dedicated webpage: www.food.gov.uk/healthiereating/nutcoms/infformreview has been set up for the review and stakeholders are invited to comment and input into the review.	
Folic acid fortification	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	

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			outcome and implications of these results.	
	FSA Scotland			
Secondary analysis of data contained in the SHS and EFS	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.	Project on going, interim report due May 08	Completion of final report Summer 2008	Peer Review
Secondary analysis of data contained in the EFS	This project began in March 2007 and is using an already established and robust methodology to examine food and nutrient intakes from the 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.	Project on going. Full annual Interim report received 30 April 08	Further analysis of data including 06/07 data.	Peer Review
Survey of sugar intake among children in Scotland	This survey measured the intake of non-milk extrinsic sugars in the diets of children living in Scotland aged 3-17 years between May and September 2006. The study used a calibrated food frequency questionnaire (FFQ) to compare both 24 hour and 4-day diary dietary assessment methods. This study provides clear evidence that the intake of NMES was considerably higher than recommended Scottish Dietary target in the study population and in all sub-groups. The foods contributing to NMES varied significantly with socio-economic status but were mainly due to high consumption of soft drinks, confectionary, biscuits and cakes.	Final report published on 29 th March 08	Papers in preparation for submission to peer reviewed Scientific journals.	
Secondary analysis of the survey of sugar intake among	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 complete either a 4 day non-weighed diary or 24 hr multiple pass recall. Secondary analysis of the data has been carried out to identify:	Final report currently being prepared by contractors	Final report to be published Summer 2008	Peer Review

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children living in Scotland	<p>a) dietary patterns using principal component analysis from the FFQ and their possible associations with demographic and socio-economic variables</p> <p>b) differences in meal and snack patterns and in nutrient intakes between school and non school days from the 4-day diary</p> <p>c) differences in foods consumed and nutrient intakes for children taking school lunches and packed lunches using data from the 24-h recall.</p>			
Food Access	<p>This research project provided a retail map of the availability and price of healthy food across Scotland using a combination of GIS mapping and a newly developed Healthy Indicator Shopping Basket Tool for Scotland. The project outputs include a national assessment of retail mapping across Scotland and a more detailed survey of availability and price of healthy food items using 9 case study sites selected on the basis of urban-rural location and affluent-deprived conditions.</p> <p>The results showed a very complex picture, but in general the provision of food shops selling a range of healthy food was not found to be a major issue. A wide range of prices was identified for the 'shopping basket'. The size of the food shop was more important than geographical location in influencing the availability and price of the healthy foods from the 'basket'.</p>	<p>Final report published on Feb 5th 08.</p> <p>Recent academic workshop to discuss future work in this area – hosted by Dundee University, FSAS and Scottish Government.</p>	<p>Consideration being made to future research priorities</p>	
Selenium	<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>	<p>Project commissioned and began beginning of Feb 08</p>	<p>Field worker briefings to be held June 08, fieldwork due to commence in the Summer.</p>	<p>Peer Review</p>
Schools (Health	<p>The Schools (Health Promotion and Nutrition) (Scotland) Act will place duties on local authorities and managers of grant aided schools to ensure that all food and drinks provided in schools comply with updated nutritional</p>	<p>FSAS continues to provide nutritional</p>	<p>Scottish Parliament to approve the</p>	

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Promotion and Nutrition) Act (Scotland) 2007	<p>requirements, specified by regulations. These are currently subject to Parliamentary approval.</p> <p>The updated nutritional requirements go beyond the current policy of 'Hungry for Success: A Whole School Approach to School Meals in Scotland' and includes foods and drinks provided in other school food outlets.</p> <p>As part of a working group set up by the Scottish Government, FSA Scotland has provided significant nutritional expertise into drawing up the nutritional requirements for schools and into the development of a guidance document to assist those involved in providing foods and drinks in schools to implement the nutritional requirements.</p>	advice to the Scottish Government in relation to nutritional requirements for schools in Scotland.	regulations.	
Hospital food	<p>FSAS has been part of a small reference group set up by the Scottish Government including hospital caterers, dietitians and representatives from NHS Facilities Scotland to produce National Catering and Nutrition Specifications for Food and Fluid in Hospitals to support Scottish NHS Boards in implementing the NHS QIS Clinical standards for Food, Fluid, and Nutritional Care. As part of a targeted consultation, the draft document has been circulated widely to those who have a role in planning, preparing, and delivering meals in hospitals</p>	<p>Final report, <i>Food in Hospitals: National Catering and Nutrition Specifications for Food and Fluid in Hospitals</i>, due to be published by Scottish Government shortly.</p>		
Teachers Panel	<p>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 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.</p>	<p>On the back of a successful pilot, FSAS Teachers Panel for Scotland went to out tender in April 2008 for three year period.</p>	<p>Appoint facilitator to manage panel. Next panel meeting scheduled for Autumn 2008</p>	<p>Evaluation will be built into each event.</p>
Hygiene, Healthy Eating and Activity in Primary Schools	<p>HHEAPS developed from two successful FSA Scotland pilots in collaboration with Aberdeen Football Club and Active Schools during 2006/7. The project adopted the concept of using a colourful 'Mission Book' of classroom activities, combined with positive role models to make children more aware of the benefits of food hygiene, healthy eating and keeping fit. In partnership with the Scottish Football Association (SFA) and</p>	<p>FSAS have now secured funding for the continuation of this project for a further 3 years.</p>	<p>Update materials as appropriate and engage with SFA and SRU regarding delivery.</p>	<p>Evaluation integral and ongoing.</p>

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(HHEAPS) Initiative	Scottish Rugby Union (SRU) the project has now been rolled out across Scotland to approximately 8500 Primary 4 to 6 pupils during this academic year.			
Primary and Nursery School Resource	FSAS developing a new educational resource for 3 to 12 year olds. It will consist 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) later in 2008.	Finalising the resource and planning a pilot studying two LAs	Confirm Pilot LAs and start date.	Evaluation will be an integral component of the pilot
FSA Wales				
Food and Well Being – 5th round of AFAL Awards (Awards for Food Action Locally)	<p>An action in <i>Food and Well Being</i> – the Nutrition Strategy for Wales, the AFAL awards are intended to recognise good practice in improving diet and nutrition in the local community, whilst also providing an opportunity to promote these initiatives to others engaged in raising awareness of healthy eating.</p> <p>In a change to previous years, FSA Wales have made a formal presentation to all of the ten projects who won or were a runner-up in the annual AFAL awards at the project venue, in order for the maximum number of participants and volunteers to be present to share in the projects success.</p> <p>During March and April, each project was presented with their framed certificate and celebratory carved wooden plate and the initiatives publicised through the national and local press.</p>	<p>A summary of all the initiatives nominated for the AFAL awards is being finalised for dissemination to key players throughout Wales and publication on the FSA website and Nutrition Network for Wales and Physical Activity Network website at www.physicalactivityandnutritionwales.org.uk</p>	<p>FSA Wales is committed to running the AFAL award scheme again in 2008/09 and the next round is due to be launched in the Autumn.</p>	<p>The Food and Well Being evaluation recommended maintenance and development of the AFAL awards to showcase achievements. The process of the award will also be evaluated prior to the 6th round being launched. This will include discussions with the Appetite for Life Co-ordinator about a schools category.</p>

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Food and Well Being – work targeted at Older People	Food and Well Being outlined the need for a continued commitment to the Older Persons Strategy in Wales. FSA Wales has recently produced <i>Recipe for Life</i> in response to the evaluation of the Welsh Assembly Governments Keep Well this Winter campaign which highlighted a need for more recipe ideas to support a healthy balanced diet. <i>Recipe for Life</i> has been designed as a companion to <i>The Good Life</i> , FSA’s nutritional advice for the over 50’s, and includes 8 recipes and top tips to achieve a healthy balanced diet.	The publication is being disseminated across Older People networks as well as Local Authorities and through third sector organisations, and is available for download from the FSA website.		To be considered at a later date.
Healthy Options Awards	Launched in April 2008, the award is based on a scheme that was delivered by Caerphilly local authority, and has been developed in partnership by FSA Wales, local authorities, CIEH, NPHS and WAG. The award has 3 tiers - bronze, silver and gold - and recognises and encourages catering premises to provide healthier options to customers, through employment of healthier catering practices, and providing meals more in balance with the Eatwell plate model -so increasing fruit and vegetable and complex carbohydrates, and decreasing fat, especially saturated fat, sugar and salt. The award also recognises provision of options for children, and rewards staff training and promotion and marketing of healthier options. Catering premises must be in possession of a food hygiene award to be eligible to be assessed.	Since the launch more than 30 catering premises have been presented a healthy options award by local authorities.		There is a commitment to evaluate the scheme after the first year.
Healthy Eating Comic-Strip Style Posters	A set of three bilingual comic-strip style posters aimed at 11-16 year olds were launched in May 2008. Poster themes are: <ul style="list-style-type: none"> • ‘Get in there early’ - highlights the importance of breakfast; • ‘Signpost to health’ - demonstrates how traffic light signpost labelling on the front of food packaging can help you make healthier choices; and • ‘Eatwell, feel great’ - promotes the Eatwell Plate model. <p>These posters complement other resources the Agency has available to support the Welsh Assembly Government and key partners to help encourage schools to adopt a whole school approach to food and nutrition.</p>	Dissemination via Healthy School Co-ordinators across Wales, plus all secondary schools in Wales will be notified of their publication. The posters will shortly be available to download from FSA Wales’ website and the Physical Activity and Nutrition Network for Wales website.	The Agency plans to produce lesson plans to support the learning aspects of the posters in 2008-09.	The posters were evaluated by a panel of secondary school teachers during the development process. A teacher panel will be held to inform the development of further support material.
	FSA Northern Ireland			

Initiative/ work area	Summary/background of work	Current position	Next steps	Plans for evaluation? (If applicable)
NDNS	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.	
'Fit Futures' Obesity Prevention Steering Group	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.	
Procurement	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.		
Peer Education Model – Eating Well for Older People	<p>Aim:</p> <p>Develop and facilitate a practical nutrition programme for older people to deliver to their peers in a community setting.</p> <p>Objectives:</p> <ol style="list-style-type: none"> 1. To develop a practical, fun nutrition programme suitable to deliver to groups of older people. 2. To identify and train a number of suitable peer trainers throughout Northern Ireland. 3. To support the peer trainers in the rollout of the programme. 4. To evaluate the programme, amend as appropriate and consider future opportunities for nutrition activities with this age group 	<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
Homeless Strategy	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,	The programme was piloted two Simon	"Grub's Up" resources are	Independent evaluation with

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	<p>hygiene and food skills has been completed. The course consists of five two 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>	Community Hostels.	<p>currently being printed.</p> <p>Resource to be introduced at a halfday workshop initially to dietitians and environmental health officers who have passed the Diploma in Nutrition and Health (Community). EHOs to roll the programme out across NI.</p>	dietitians, environmental health officers and participants will be commissioned in 2009.
Survival Guide to Food	<p>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.</p>	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.
Whole School Approach to Food in Schools	<p>The Department of Education for NI are to make The Food in Schools Policy available for a 12 week public consultation in the Autumn 2008.</p> <p>The Health Promotion Agency for Northern Ireland has commissioned</p>	Research to commence imminently.	A verbal report should be available in June 2008 with a full written report to	

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	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.		follow. Evidence from the report will guide the communication strategy for food in schools.	
Ecoworld	<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 young people to complete which are relevant to these subjects. There are weblinks to the FSA websites and ecoworld can be viewed on www.ecoworld.org.uk</p>	Ecoworld was launched on 29 April 2008.		
Saturated Fat and Energy Programme	<p>NI links with the national programme.</p> <p>Stakeholders were invited to respond to the consultation document and attend a Stakeholder meeting.</p>	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.	
Signpost Labelling	NI links with the national programme.	Four new adopters in NI – one bakery and three manufacturers of meal accompaniments. This	Continue work to with manufacturers and food companies to adopt signpost	

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		<p>brings the total number of adopters in NI to 9.</p> <p>FSANI stand promoting signpost labelling at IFEX – a three day trade exhibition.</p>	<p>labelling.</p> <p>Follow-up factory visits for interested companies identified through IFEX.</p>	
Nutrition training for Environmental Health Officers.	<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 Dietitians.</p>	<p>Two courses delivered - 14 Environmental Health Officers have successfully completed the training.</p>	<p>Two courses to be delivered Sept-Dec 2008.</p>	