



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

Agenda Item: 5

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?
National Diet and Nutrition Survey rolling programme	<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 is meeting the target (55% of the eligible sample) but response for the nurse components, in particular the blood sample, is running below target. The consortium is implementing measures to address this.</p>	<p>Fieldwork for the first year is ongoing</p> <p>Response rates are under close, continuous review.</p> <p>The working group reviewing physical activity collection methods is due to report in October.</p> <p>Discussions are underway about reporting of year 1 results.</p>	<p>Results from the first year 2008/09 are expected December 2009</p> <p>A decision on the continuation of blood sampling in year 2 will be made early in 2009.</p>	N/A	N/A	N/A
Management of the programme of nutrient analysis surveys and associated work	<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"> • 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); 	<p>Proposals received and being assessed by expert appraisal panel.</p> <p>List of sub-samples and nutrients to be analysed being finalised.</p>	<p>Decision expected by October 2008. Work to be commissioned early 2009</p> <p>Final report due</p>	N/A		

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	<ul style="list-style-type: none"> Preparing a 7th summary edition of McCance and Widdowson's CoF in book form; The management contract is envisaged to be for a period of 4 years. <p>A discrete project to analyse the nutrient composition of biscuits, buns, cakes and pastries began in June 2008</p>		March 2009			
Salt intake monitoring	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.	Results published.	Future monitoring of salt intake will be through the NDNS Rolling Programme. First results available December 2009	N/A		
Research to support dietary surveys and nutrient analysis work	<p>The review of analytical methods for assessing folate status, carried out by the Rowett 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</p>	<p>Final report received - peer review to be arranged</p> <p>Appraisal panel held. Contract negotiation in progress.</p>	<p>Research call to develop the LC MS/MS method to be issued shortly. Interim arrangements for analysis of NDNS samples to be considered.</p> <p>Work to be commissioned autumn 2008</p>	N/A		

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	<p>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>	Ongoing	Report due March 2009			
Iron Modelling	<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>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>	FSA are estimating current RPM consumption by analysing all NDNS food codes containing meat.	To estimate current iron intakes. A series of scenarios will then be modelled to investigate the impact of reducing RPM consumption on iron intakes.	N/A		
Dietary Survey of Infants and Young Children	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	A detailed full specification has been finalised and was presented for information at the SMCN meeting on	Proposals from bidders are to be received by early November. Contract negotiation and	N.A	N.A	N.A

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	<p>UK health departments, and the NDNS. FSA propose the main body of field work will begin in April 2009.</p> <p>An Appraisal Panel has been set up for the tendering process, comprising of FSA/DH nutrition staff, representatives from the Agency's Exposure Assessment and Statistic teams, and independent experts in the field of infant feeding, paediatric nutrition and dietary assessment including Dr Tony Williams who will represent SACN and the Subgroup on Maternal and Child Nutrition (SMCN).</p>	<p>17th September 08.</p> <p>Expressions of Interest (EOI) were received from six organisations, all of which have been invited to tender for the survey and issued with the full specification.</p>	<p>award decision to take place Nov/Dec.</p>			
Low Income Diet and Nutrition Survey (LIDNS)	<p>Further comments have been sought from SACN on the full LIDNS report and the summary note of a stakeholder workshop held in November 2007.</p>	<p>FSA are currently collating SACN's comments to form a position paper for agreement.</p>	<p>SACN to approve the position paper at the October meeting for publication on the SACN website.</p>	N.A	N.A	N.A
Processed Food Databank and other surveillance options	<p>The second round was published on the Agency website in February 2008 http://www.food.gov.uk/science/surveillance/fsibranch2008/fsis0108 .</p> <p>Following discussions with the Agency end user group in July and August 2008, it was concluded that a third sampling round of the Processed Food Databank, as a follow on from the first and second sampling rounds, is desirable for the period 2009/10 (i.e. sample collection to begin in January 2009) to inform policy development. However, it has been</p>	<p>Gathering ideas to inform decision on form of future survey.</p>	<p>To plan delivery of the option that best supports the Agency's business needs.</p>	N/A	N/A	N/A

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	suggested that other options including an in-house mini survey in place of a third round could also be explored.					
Local Initiatives: Food Vision Project: FSA Healthy Eating Grants 2008/2009: Food Champions Awards 2008/2009	<p><u>Food Vision Project:</u> The Agency is currently working with its partners LACORS and the Local Government Association to support the Food Vision website (http://www.foodvision.gov.uk/) as well as Food Vision activities. This includes identifying case studies and developing toolkits for the website to illustrate good practice and inspire those who would like to set up new initiatives.</p> <p><u>Healthy Eating Grants 2008/2009:</u> The FSA supports local initiatives through a programme of grants to local authorities for food hygiene and healthy eating projects. The scheme is open to local authorities in all UK countries, for work in 2008/09</p> <p><u>Food Champions Awards 2008/2009:</u> To acknowledge the important role that local authorities play in their local community and to recognise the good practice they have demonstrated the FSA has introduced the Food Champion Award. In the first round of awards, announced in April 2008, six local authorities were awarded Food Champion status for improving community diet and nutrition and five for their food safety and standards work.</p>	<p>Ongoing</p> <p>Ongoing</p> <p>Winners are currently working with the Agency and other organisations to champion their approach, and learning to encourage and share good practice.</p>	<p>Continue to develop the Agency's interface with local initiatives on healthy eating.</p> <p>Ensure that all 2008/2009 Healthy Eating Grants promised are delivered in line with grant agreement.</p>	N/A	N/A	N/A

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	All local authorities in England and Wales were eligible to take part in the award scheme.					
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 formal consultation	Formal consultation exercise to begin in Autumn 2008.			
Target Nutrient Specifications Review.	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.				
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.	Evaluation of this guidance has been completed.	Finalisation of evaluation report. Discussion with NGA on how to disseminate results.	Plans to publish evaluation report on Agency website by the end October 08. Evaluation looks at the impact of the guidance document and Governors views in relation to school food and the distribution	Completed June 08	Impact/Process

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				process.		
What's Cooking?/ Cooking and Food Skills	<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 have been revised to reflect case studies from the North East roll out.</p>	An evaluation of clubs in the North East has been completed and published on the Agency website (http://www.food.gov.uk/healthiereating/nutritioncommunity/cookit)	Celebration event for clubs in the East Midlands being held on 13 October 08	Evaluation report to be finalised and placed on the Agency website in time for celebration event. 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.	Completed June 08	Impact
Chef's adopt a school/ Cooking and food skills	<p>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.</p> <p>The aim of the scheme is help children develop their knowledge of food and food provenance, while understanding the diversity of foods eaten by different people for cultural or medical reasons.</p>	Programme coming to an end.	Now grant funding coming to an end consider future Agency involvement with Adopt a School	Informal evaluation ongoing through ACA feedback reports	N/A	Impact

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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>	Lesson plans and activities developed and pilot programme begun. Evaluation research company/institute selected.	Official launch date for the programme to be confirmed.	Programme to be evaluated by Edcom's. Details to be confirmed.	Interim pilot findings in January 09	Impact and Process
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>	Project staff recruited and an overarching framework for delivery of initial support materials has been developed	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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	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.					
My Food Space/ 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 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>	Development work commenced in February 2008	Resource is expected to be completed by the end of November 2008	Agency will consider user testing through the FSA's School Council Network and other routes as appropriate		
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	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 CDRom to engage young people in developing their food skills and	Report with case studies and examples of when and how the resource is most useful and effective	Report due December 2008	Process and impact.

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	everyday lives has been developed.		knowledge			
New Research under the Food Choice Inequalities (N14) Programme	Proposals have been 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.	Appraisal panel 7 October 2008	Dependant upon outcome of appraisal panel.			
New research under the Diet and Cardiovascular Health (N02) and Nutrient Status and Function (N05) programmes	Proposals have been invited to: <ul style="list-style-type: none"> • Study the effects of implementing current United Kingdom dietary recommendations on cardiovascular disease risk factors and vascular function. • Study the effects of consumption of different types of fruit or vegetables on cardiovascular disease risk factors and vascular function • Obtain additional and novel policy relevant information using biological samples from completed and ongoing dietary intervention trials funded by the FSA under the diet and cardiovascular health research programme • Conduct a randomised, controlled trial, or use suitably stored samples from high quality trials or cohort studies, to investigate 	Appraisal panels will be held in Spring 2009	Dependent upon outcome of appraisal panels			

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	<p>the effect of dietary constituents or foods on chronic low-grade systemic inflammation</p> <ul style="list-style-type: none"> Conduct further analysis of suitably stored samples from ongoing and completed fruit and vegetable intervention trials to develop sensitive measures of fruit and vegetable consumption 					
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	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	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,	To adopt a Community list of health claims.	The Agency will have a vote in Standing Committee on authorisation of claims.	The deadline to adopt a Community list of health claims is January 2010.	

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	<p>Animal Health authorises claims.</p> <p>EFSA published its opinion on nutrient profiles in February 2008 .</p>	<p>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 refined in light of comments. A revised paper for formal consultation is expected toward the end of October.</p>	<p>Nutrient profiles must be established</p>	<p>This links into the Agency review of the Ofcom nutrient profile, which will consider the EFSA opinion.</p>	<p>Established by January 2009 and will apply from 2011.</p>	
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</p>	<p>Actions being taken forward include:</p> <ul style="list-style-type: none"> • industry partnerships focussing on reformulation of 	<p>The Agency is on target to deliver a consumer awareness campaign on saturated fat for</p>			

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	<p>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>mainstream products (plus reducing portion sizes and increasing healthy options) that are significant contributors to saturated fat and added sugar in the diet;</p> <ul style="list-style-type: none"> • an independent academic workshop (April 2008) considered issues relating to energy intake and portion size (results published on web site); and • Agency research to support consumer awareness activities on saturated fat was published in February 2008 (www.food.gov.uk). 	<p>launch in early 2009.</p> <p>A stakeholder workshop will be held in October 2008 to discuss the findings of the academic workshop & other research into portion size to inform the evolving development of Agency policy.</p>			

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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.			
Front of Pack traffic light labelling	<p>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:</p> <ul style="list-style-type: none"> – provision of information for fat, saturated fat, sugars and salt; – 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, – provision of additional information on the levels of nutrients present in a portion of the product; and – use of the nutritional criteria developed by the Agency. <p>Additional information on calories and / or %GDAs could also be included.</p> <p>The Board recommended signpost labelling be</p>	<p>Currently used by 8 retailers, 26 manufacturers, 5 service providers and 1 fast food restaurant, which equates to approaching 10,000 products.</p> <p>23 public interest organisations support the approach including all the main professional health organisations.</p>	<p>Continue to encourage companies to adopt the approach.</p> <p>In light of the Agency's ongoing work to review salt targets, the review of the signposting salt criteria will be delayed until 2009.</p>	The FSA has commissioned an independent evaluation which is currently underway to assess the impact of front of pack 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		

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	<p>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>http://www.food.gov.uk/foodlabelling/signposting/technicalguide/</p>			schemes best help people to correctly interpret nutritional information on food.		
Proposed technical amendment to Nutritional Labelling Directive (90/496/EEC)	<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"> – provides a definition of dietary fibre for labelling. This is similar to the proposed Codex definition. – 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 	<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>Organisation of the United Nations (FAO) (2003) and the Scientific Committee on Food of the EU (SCF) (2003).</p> <ul style="list-style-type: none"> – 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. <p>The Amending Directive is published on the Agency's website at: www.food.gov.uk/consultations/consulteng/2008/nutlabelmar08eng</p>					

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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.	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 put in place; the second will assess consumer perception of FOF advertising and whether babies younger than 6 months are being fed FOF.	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 working as expected. If not, they will recommend what future action may be appropriate.	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.
Independent Review of the Controls on Infant Formula and	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	At its third meeting on 11 September, the independent review panel discussed research	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.	The panel will make draft recommendations in August 2009.	The timing and the nature of evaluation will depend

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Follow-on Formula	out to assess whether the new controls were working as expected or whether further action was needed.	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 put in place; the second will assess consumer perception of FOF advertising and whether babies younger than 6 months are being fed FOF.		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 working as expected. If not, they will recommend what future action may be appropriate.	Stakeholders will be invited to comment and the panel will then finalise its recommendations in October 2009.	upon the panel's recommendations.
Nutrient Profiling	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			In July 2008 the Panel put its draft recommendations out to a full 12 week public consultation which closed on 29 th September. Comments and views received	The Panel's final recommendations will be presented to the FSA Board in March 2009.	n/a

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	<p>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 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)</p>			<p>during the consultation will be considered by the Panel at its next meeting on 24th October 2008.</p> <p>Following this meeting, the Panel's recommendations will be considered by SACN before they are finalised and presented to the Agency's Board.</p>		
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 outcome and implications of these results.			
	FSA Scotland					
Secondary analysis of data	This project began in April 07 and is carrying out secondary analysis of the Scottish Health Survey (SHS) 2003 and the EFS 2001-2004.	Draft final report received and preliminary results	Peer review of final report planned for Oct 2008.	Peer review of final report.		

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contained in the SHS and EFS	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.	presented to invited stakeholders Sept 2008.	Final report expected to be published on website Nov/Dec 2008.			
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 ongoing. Interim results presented to invited stakeholders Sept 2008.	Differences in diet, food groups and nutrients by quintile of socioeconomic group and area of residence are currently being examined. Final report due end Sept 2009.	Peer review of final report.		
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	Final report published on 29 th March 08.	Discussions ongoing within FSAS and the Scottish Government on the design and timing of a possible repeat survey.			

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	varied significantly with socio-economic status but were mainly due to high consumption of soft drinks, confectionary, biscuits and cakes.					
Secondary analysis of the survey of sugar intake among children living in Scotland	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: 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.	The final report is currently being finalised by contractors before publication on the website.	To be published on the website Oct 2008. Minor adjustments currently being made to final report as a result of peer reviewers comments.		Peer review completed Aug 2008.	
Food Access	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	Final report published in Feb 08.				

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	<p>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>					
Survey of eating out establishments in Scotland	<p>FSA are engaging at a UK level with different sectors of the catering industry to help consumers make healthier choices when they eat out including restaurants, pubs, and takeaways.</p> <p>Following discussions with the Scottish Government particularly in relation to the development of the National Food Policy, FSAS is currently considering commissioning a survey of eating out establishments to identify any gaps in FSA action in relation to eating out establishments in Scotland.</p>	Currently in discussion with contractors about the timing and scope of this survey				
Selenium	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	Field work is currently ongoing.	Final report due March 2009.	Peer review		

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	<p>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>					
Schools (Health Promotion and Nutrition) Act (Scotland) 2007	<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 requirements, specified by regulations. These are currently subject to Parliamentary approval.</p> <p>The updated nutritional requirements go beyond the current policy of '<i>Hungry for Success: A Whole School Approach to School Meals in Scotland</i>' 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</p>	<p>The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008 were approved by the Scottish Parliament in June 2008.</p> <p>The regulations come into effect for primary schools on 4 Aug 2008 and for secondary schools on 3 August 2009.</p>	<p>FSAS continues to provide nutritional advice to the Scottish Government in relation to nutritional requirements for schools in Scotland.</p>			

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	nutritional requirements.					
Hospital food	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.	The final guidance document: <i>Food in Hospitals: National Catering and Nutrition Specifications for Food and Fluid in Hospitals</i> , was published by the Scottish Government on 24 June 2008 http://www.scotland.gov.uk/Publications/2008/06/24145312/0				
Teachers Panel	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.	Facilitator appointed in June 2008 to manage panel meetings for the next 3 years.	Next panel meeting scheduled for November 2008.	Evaluation will be built into to each event. Teachers who attend the event are asked to provide feedback on the usefulness of the panel meeting	Incorporated into the report completed following the scheduled events.	Process
Hygiene, Healthy Eating and	HHEAPS has developed from two successful FSA Scotland pilots in collaboration with Aberdeen Football Club and Active Schools	FSAS have now secured funding for the continuation of	Monitor delivery of the initiative.	Evaluation integral and ongoing. FSAS Evaluation	July 2009	Process: logistics of delivering

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Activity in Primary Schools (HHEAPS) Initiative	during 2006/7. The initiative 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 Scottish Rugby Union (SRU) the initiative has now been rolled out across Scotland to approximately 10,000 Primary 4 to 6 pupils during this academic year.	this project for a further 3 years. Materials have been updated and SRU & SFA are taking forward delivery of the initiative.		test aims: Has the resource raised awareness of key FSA messages?; Logistics; Partnership between FSAS, sports coaches and schools.		resource materials to appropriate schools for start of the initiative. Impact: 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.
Primary and Nursery School Resource	FSAS has developed a new educational 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.	Finalising the resource and preparing for the launch and pilot.	The pilot will roll out on 27 October in two Scottish LAs Dundee and Moray Independent Company have been engaged to perform an ongoing	FSAS Evaluation test aims : Has the resource raised awareness of FSA key messages?;Do games meet learning outcomes?;	June 2009	Process: : logistics of transporting resource and administration aspects Impact: a) Testing the

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			evaluation for the pilot period	Logistics ; LAs cooperation to pilot the resource.		usefulness of the resource within the curriculum. b) Testing if children have understood Agency messages as a result of the resource.
	FSA Wales					
6th round of AFAL Awards (Awards for Food Action Locally)	<p>The 2008-09 AFAL awards were launched on Monday 22nd September and this year there are three nomination categories:</p> <ul style="list-style-type: none"> • initiatives working with primary and/or secondary schools that contribute to the <i>Appetite for Life</i> action plan • initiatives targeting older people especially vulnerable older people • initiatives targeting other priority groups such as those on low incomes, from black or ethnic minorities or any other vulnerable consumers <p>Nominations are being accepted until 12th December.</p>		<p>Judging is scheduled to take place in January 2009.</p> <p>Presentations to the winning projects will be made during March and April 2009.</p>			
Work	FSA Wales is joint funding (with WAG) two	The projects are	Meetings are being			

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targeted at Older People	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.	due to start shortly and will run until 2011.	held with both projects in October to finalise project plans.			
Healthy Nosh for Less Dosh	Healthy Nosh for Less Dosh has been updated and revised. This resource is aimed at providing young people living on a limited budget with the confidence and motivation to make changes leading to a healthier diet.	Revised version being printed during October 2008	Continued dissemination on request.			
Food Industry engagement	FSA Wales are co-hosting a series of seminars with UWIC's Food Industry Centre - targetted audiences include food business in Wales and enforcement officers. The first, focussing on the FSA's traffic light labelling scheme, will take place on 28 October 2008. The seminar will address: How the Food Industry Centre can 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 can implement front of pack labelling and the stages involved in its adoption.		Further joint seminars will cover reformulation and general food labelling.			

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Poster Lesson Plans	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 & front of pack labelling; and the eatwell plate model.	Aimed to complement the teacher pack being designed to support and reinforce delivery of messages to school children through the FSAW educational resource trailer.	The lesson plans will 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.			
	FSA Northern Ireland					
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	Routine contact				

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	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.	with Central Services Agency to have nutritional standards built into procurement contracts.				
Peer Education Model – Eating Well for Older People	<p>Aim: 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, hygiene and food skills has been completed. The course consists of five two hour sessions covering hygiene, nutrition, meal planning, preparation and cooking skills.	The programme was piloted two Simon Community Hostels.	<p>“Grub’s Up” resources are currently being printed.</p> <p>Resource to be introduced at a</p>	Independent evaluation with dietitians, environmental health officers and participants will be commissioned in		

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	<p>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>		<p>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>	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>	<p>Letter to teachers notifying them of the resource</p>	<p>Introduce the resource to Sixth Form Co-ordinators through workshops.</p> <p>Distribute resource for use from September 2008.</p>	<p>Tender process for independent evaluation from March 2009.</p>		
Whole School Approach to Food in	<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</p>	<p>Research to commence imminently.</p>	<p>A verbal report should be available in June 2008 with a</p>			

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Schools	<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>			
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</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 www.ecoworld.org.uk					
Saturated Fat and Energy Programme	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.			
Signpost Labelling	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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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>	Two courses delivered - 14 Environmental Health Officers have successfully completed the training.	Two courses to be delivered Sept-Dec 2008.			