



## **ANNUAL REPORT 2003**

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## Foreword

I am pleased to present the Scientific Advisory Committee on Nutrition's (SACN) annual report, covering the year 2003.

This year has seen the first SACN report published – the *Salt and Health* report – for which, particular thanks must go to the Salt Subgroup. The SACN framework for risk assessment, established by the SACN Subgroup in 2002, facilitated the report preparation by providing a useful basis for the evaluation of the evidence base. The *Salt and Health* report was launched on 15 May 2003 to a great deal of media interest: the Chairman of the Food Standards Agency (FSA) appeared on several television news items throughout the day and there were many radio reports and newspaper articles.

Importantly, the work that began with the risk assessment and publication of the *Salt and Health* report will be continued with the risk management, and communication of risk to the public, being undertaken by the relevant Government bodies, details of which are given overleaf.

This year saw the continued work of several groups that were established in previous years: the Working Group on Iron and the Subgroup on Maternal and Child Nutrition. Several new working groups were established this year: a group comprising members of both SACN and the Committee on Toxicology to assess the risks and benefits of fish consumption, and the Vitamin A Subgroup.

The horizon-scanning workshop held in October of 2003 raised issues for future consideration, including population folate status, obesity and updating the dietary reference values.

My thanks go to the members of the Committee and its working groups for their commitment and enthusiasm. I would also like to thank the Secretariat at the Department of Health and the Agency for their work throughout the year. Their efforts in ensuring the efficient conduct of committee business are greatly appreciated.

A handwritten signature in black ink, appearing to read 'Alan Jackson', is centered on a light pink rectangular background.

**Professor Alan Jackson**  
Chair

## Introduction

This is the third annual report of the Scientific Advisory Committee on Nutrition (SACN) and covers the calendar year 2003.

### Overview

The full Committee met three times in 2003 on 12 February, 12 June and 22 October. Professor Jackson chaired all meetings. The 12 June meeting was the Committee's open meeting.

The Working Group on Iron met three times in 2003 under the chairmanship of Professor Aggett. The subgroup on Maternal and Child Nutrition met twice and the Fish Inter-Committee subgroup, the Salt subgroup and the Vitamin A subgroup met once.

### About the committee

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

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

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

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

### Membership

Christine Gratus joined SACN in June 2003. Biographies of members can be found at Annex 2.

### Remuneration and committee finance

Remuneration and committee finances are shown at Annex 3.

### Declaration of interests

The Committee follows Government advice on declaration of interests. We are requested to declare an interest at meetings where there may be a conflict of interest with regard to the issue under scrutiny. We are also requested to provide the Secretariat with an annual declaration of interests, which have been detailed in Annex 4.

### Procedures

Meeting agendas are compiled from a number of sources including outstanding items from previous meetings, items suggested by the Committee, outside bodies including FSA and DH committees as well as items brought forward from the Committee work programme agreed in 2002. Up-dates from SACN subgroups and working groups were regular features on the agenda as were reports on nutrition related Government activities in the FSA, and Health Departments.

## **Forward look**

The Committee held a two day horizon-scanning workshop in order to flag up potential major agenda items for SACN over the forthcoming 5 years, and to consider what research and survey information might be needed as supportive material. A number of issues including obesity, population folate status, dietary reference values and vulnerable groups, such as women of childbearing age, were seen as future items for consideration. The workshop also provided a useful opportunity to discuss working practices and our relationship with the secretariat.

## **Openness**

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

# The Scientific Advisory Committee on Nutrition's Work in 2003

The full committee met three times in 2003. Six groups develop recommendations and advice on specific subjects. They are:

The Salt Subgroup  
The Iron Working Group  
The Maternal and Child Nutrition Subgroup  
The Subgroup on Vitamin A  
The SACN/COT Inter-Committee Subgroup on Fish  
The Nutritional Assessment of Novel Foods Subgroup

## Salt and Health

### Background

At the request of the Agency and the Chief Medical Officer of Wales, we undertook a risk assessment of the relationship between dietary salt intakes and health. The Salt Subgroup reviewed and evaluated the evidence since the 1994 report by the Committee on Medical Aspects of Food Policy (COMA) and recommended maximum consumption targets for both adults and children. The resulting *Salt and Health* report published on 15 May 2003 received widespread press coverage and is available from The Stationery Office and the SACN website.

### Findings and recommendations

We concluded that the amount of salt people are eating increases the risk of high blood pressure, which in turn increases the risk of stroke and premature death from cardiovascular diseases. The risk increases with age and with the amount of salt consumed.

The younger children are, the less salt they should be eating: for children aged 0-6 months, the aim should be to consume less than 1 gram/day; 7-12 months, 1 gram/day; 1-3 years, 2 grams/day; 4-6 years, 3 grams/day; 7-10 years, 5 grams/day; and 11-14 years, 6 grams/day.

Salt consumption, as we have advised before, should be reduced by one-third in adults, from currently around 9 grams/day to 6 grams/day. This would lower average population blood pressure levels which would reduce the risk of stroke and heart disease for the UK population as a whole.

We also identified some important gaps in the evidence, particularly:

- How salt intake varies across and within subgroups of the population.
- The contribution that foods eaten outside the home make to overall salt consumption in the UK.
- Processing techniques and new technologies that can reduce the salt content of foods while maintaining safety and palatability.

### Action on the report's findings

The Agency and Health Departments are actively working to encourage people to eat less salt. The Agency is aiming to reduce adult salt intakes to 6 grams per day by 2010. It also aims to reduce children's salt intakes in line with our recommendations ie less than 1 gram per day for babies and 5 grams per day for 7-10 year olds. Our recommendations for further research have been incorporated into the Agency's research strategy.

Government activity to reduce salt consumption has two strands: working with industry and informing consumers. The main areas of activity are:

#### 1. Food industry initiatives

Because many processed foods contain relatively high levels of salt and are increasingly popular, it will be impossible to lower people's salt intake unless the food industry reduces the amount of salt in processed foods.

The Agency and Health Departments are working with all food industry sectors to develop specific lower targets for foods contributing most to salt consumption. A salt model that illustrates the contribution different food groups make to the overall salt consumption has been produced to aid negotiations.

The British Retail Consortium, whose members include most of the major retailers, has set upper level targets for reductions in nine key product categories including baked beans, pizza and breakfast cereals. It claims this will lead to overall reductions of 10-25% in food bought.

#### 2. Food in the public sector

Sir John Krebs, the Chairman of the Agency, and Hazel Blears, the previous Minister for Public Health, have jointly written to public sector caterers (including social services, local education authorities, the NHS and HM prison services) and their suppliers to ask them to reduce the amount of salt used in their food production and in supplies of processed foods.

#### 3. Education and information

The Agency is publicizing the salt intake targets through press releases and media coverage, and information and advice on the Agency's website. As part of its Labelling Action Plan, the Agency is working with consumer groups, industry bodies and health organisations to improve food label information on salt. It is encouraging food retailers and manufacturers to identify the salt equivalent to sodium levels as this is easier for consumers to understand.

#### 4. Surveys

A series of mini surveys will be conducted by the Agency to provide up-to-date, reliable information on the levels of salt, fat and sugar in processed foods, including those specifically aimed at children.

The National Diet and Nutrition Surveys and Agency food survey programmes will monitor the impact of Government action to reduce salt levels in different food categories; these will also highlight to consumers those foods where high levels of salt persist.

## Maternal and Child Nutrition

### Background

Health Departments and the Agency need regular scientific advice for policy-making and regulatory issues. Sometimes this is needed at short notice, for example, providing advice to inform the UK position in international forums such as the European Commission, CODEX *Alimentarius* and the World Health Organisation. To meet this need, a new Subgroup was set up. The Subgroup will specifically provide expert advice on the influence of maternal and early child nutrition on later development of disease.

### Terms of reference

The Terms of Reference for the Subgroup on Maternal and Child Nutrition are:

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

### Activity

So far, these recommendations have been made:

- Foods containing gluten should not be given to babies under 6 months.
- Oats should not be given to babies under 6 months, as there is a risk of contamination with wheat during processing and packaging.

- There are unlikely to be any risks associated with delaying weaning until six months in infants who are mixed fed on breast and infant formula milk or solely fed on infant formula milk.
- Healthy babies do not gain any particular health benefit when they are fed soya-based formula and there is no unique clinical condition that particularly requires its use.

The group met in January and September 2003 and will be meeting in May and September 2004. Work is progressing well and the group is expected to report by December 2004.

## **Iron**

### **Background**

National surveys have consistently identified that some groups, particularly young women and children, have low iron status as defined by ferritin levels, and may be at risk of iron deficiency anaemia.

In 1998, the COMA Working Group on Diet and Cancer considered possible links between red meat consumption and large bowel cancer, and recommended that people who eat a lot of red meat should try to cut down. They also recognised that cutting down on red meat might adversely affect people's iron levels, so at the first meeting of SACN we decided to review iron status in the population.

### **Terms of reference**

To review the dietary intakes of iron in its various forms and the impact of various dietary patterns on the nutritional and health status of the population and to make proposals. Members agreed that both beneficial and adverse effects of increasing iron intakes need to be considered including:

- The effect of low-grade infections/inflammation on iron status.
- The effect of iron status on mental and physical development.
- The effect of nutritional status of other micronutrients on iron absorption and utilisation.
- The potential adverse effects of excess iron, in particular, the promotion of free radical damage and the risk of cardiovascular disease and cancer.

### **Activity**

The Iron Working Group met three times in 2003. Work is progressing well towards the proposed publication date in 2005.

## **Vitamin A**

### **Background**

In May 2003, the Expert Group on Vitamins and Minerals (EVM) reported on the safety in long-term use of vitamin and mineral supplements sold under food law, and recommended maximum advisable levels of intake. For vitamin A, a Guidance Level for retinol intake of 1500µgRE/day was set. Evidence is emerging that intakes of vitamin A (from food and supplements) above this level may increase the risk of bone fracture.

The National Diet and Nutrition Survey indicates that many people may be exceeding the recommended level, especially older people, who are at increased risk of fracture from osteoporosis which high levels of vitamin A may compound.

Eating liver and taking dietary supplements may both be related to higher than recommended levels of vitamin A.

### **Terms of reference**

In view of the significant number of the population that are currently exceeding the EVM's Guidance Level for vitamin A of 1500µgRE/d, the Subgroup's terms of reference are:

- To review the current advice to consumers on vitamin A intakes and consumption of liver.

- To consider other strategies that might reduce the retinol intake of higher consumers.

### **Activity**

The Subgroup on Vitamin A met once, for the first time, in 2003. It hopes to report its conclusions early in 2005.

## **Oily Fish**

### **Background**

The Committee on Toxicity (COT) needed advice to inform risk assessment on methylmercury in fish and dioxins in fish oil supplements. The Agency sought expert advice from SACN on the relative benefits and risks of oily fish and fish oil consumption.

The two committees are working together to help the public better understand Government advice on fish consumption.

### **Terms of reference**

- To bring together in one paper the nutritional considerations from SACN on fish consumption and the COT considerations on the toxicology of contaminants in fish.
- To weigh the nutritional benefits against possible risks and to develop sensible dietary advice for the public on consumption of fish, with particular reference to oily fish.

### **Activity**

The Subgroup met for the first time on 30 June 2003. The SACN and COT members have since met separately to consider the relevant nutritional and toxicological issues. The Subgroup will meet again in 2004 to finalize the report.

## **Nutritional assessment of novel foods**

### **Background**

European Union regulations (Article 3(1) of regulation EC No.258/97) require that novel foods, including genetically modified (GM) foods, should not be nutritionally disadvantageous to the consumer.

We question the appropriateness of the current procedures for the nutritional safety assessment of GM foods. Since novel foods regulation is to be revised, it is an appropriate time to review the criteria for assessing the safety of novel foods. We are taking a structured approach to evaluation, looking at GM and other novel foods particularly with regard to at risk groups and in situations where a product may be a primary food source or a staple.

Terms of reference have yet to be defined.

### **Activity**

The first meeting of this Subgroup takes place in March 2004.

## Further Highlights in 2003

### **Nutrition and Health Claims Proposal**

We considered the regulation of nutrition and health claims being negotiated in Brussels. The EC had asked Member States to propose lists of established claims and procedures for dealing with applications for health claims. We were informed that under the new regulations manufacturers would have to seek prior approval for any claim and they will be subject to penalties for making unapproved claims. We were concerned that there was potential for health claims to increase consumer misunderstanding and confusion, and an increased focus on individual products rather than on the diet as a whole could be detrimental. The lack of a clear substantiation process to scientifically assess health claims was criticized and concerns were also raised regarding the nature of the scientific evidence required to support claims. Overall, we saw that the proposal was seen as a fundamental step forward, but specific issues need to be addressed if the directive is to fulfil the needs of both industry and consumers. Our comments were fed into the negotiation process.

### **Food Promotion to Children**

We considered the results from an Agency funded systematic review of the promotion of food to children and conducted a brainstorming session on the results. The report had been undertaken in the context of increasing child obesity and wider action to improve dietary intakes. We praised the report, particularly as the researchers had been able to identify and determine that the effects of advertising went beyond brand switching. We saw that industry is very effective at promoting foods and that appropriate nutritional messages should be promoted using similarly effective strategies. Our comments were fed into the development of the Agency's policy on this issue.

### **Committee on Toxicity statement on metals in infant food**

We were asked to comment on the Committee on Toxicity statement concerning metals in infant food. Members concluded that there was no evidence to raise specific concern at this time about the adequacy of nutrient intakes by infants.

# Annex 1

## **SACN terms of reference**

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

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

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

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

## Annex 2

### Committee members

<b>Chair</b>	Professor Alan Jackson Professor of Human Nutrition, University of Southampton
<b>Members</b>	Professor Peter Aggett Head of School, Lancashire School of Health and Medicine, Professor of Child Health and Nutrition, University of Central Lancashire
	Professor Annie Anderson Professor of Food Choice, Centre for Public Health Nutrition Research, University of Dundee
	Professor Sheila Bingham Deputy Director, Medical Research Council's Dunn Human Nutrition Unit, Cambridge
	Professor John Cummings Professor in Experimental Gastroenterology, Department of Pathology and Neuroscience, University of Dundee
	Miss Gill Fine Head of Food and Health, Sainsbury's Supermarkets Ltd
	Mrs Christine Gratus (lay member) Retired Director and International Vice-President of J Walter Thompson Advertising Agency
	Dr Timothy Key Reader in Epidemiology, University of Oxford Cancer Research UK Epidemiology Unit, Radcliffe Infirmary, Oxford
	Professor Peter Kopelman Professor of Clinical Medicine, Vice-Principal/Deputy Warden (Education), Barts and The London, Queen Mary's School of Medicine and Dentistry, University of London
	Dr Ann Prentice Director, MRC Human Nutrition Research, Cambridge
	Professor Emeritus Andrew Rugg-Gunn University Clinical Professor, Newcastle University Dental School
	Dr Anita Thomas Associate Medical Director / Consultant Physician in General (Internal) and Geriatric Medicine, Derriford Hospital, Plymouth Hospitals NHS Trust Clinical Sub Dean, Peninsula Medical School, Universities of Exeter and Plymouth
	Mrs Stella Walsh Senior Lecturer, Leeds Metropolitan University
	Dr Anthony Williams Senior Lecturer and Consultant in Neonatal Paediatrics, St George's Hospital, London
	Professor Christine Williams Professor of Human Nutrition, University of Reading
<b>Observers</b>	Mr Tom Murray Food Standards Agency

Ms Imogen Sharp  
Department of Health

Dr Lesley Wilkie  
Scottish Executive, Health Department

Mrs Maureen Howell  
The Welsh Assembly, Health Promotion Division

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

**Secretariat**

**Department of Health**

Dr Sheela Reddy (Scientific Secretary)  
Dr Adrienne Cullum  
Mrs Parminder Nijjar

**Food Standards Agency**

Dr Alison Tedstone (Scientific Secretary)  
Dr Peter Sanderson  
Ms Rachel Elsom  
Mr Jeff Alder  
Ms Lynn Burns  
Ms Mamta Singh  
Ms Angela Inwood (until October)  
Mrs Farhana Begum

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

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

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

**International Observer** Dr Bruno de Benoist  
Senior Advisor, Micronutrients  
Department of Nutrition for Health and Development, World Health Organisation

**Members** Professor Philip Calder  
Foetal Origins of Adult Disease Division, University of Southampton

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

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

Professor Joe Lunec  
Director of Chemical Pathology, Leicester University

Dr Timothy Key (SACN member)  
Reader in Epidemiology, University of Oxford  
Cancer Research UK Epidemiology Unit, Radcliffe Infirmary, Oxford

Professor Sally Grantham-McGregor  
Centre for International Child Health, Institute of Child Health

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

Professor Martin Pippard  
Professor of Haematology, University of Dundee

Professor Mark Worwood  
Department of Haematology, University Hospital, Wales

## **Membership of Subgroup on Salt**

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

**Members** Miss Gill Fine (SACN member)  
Head of Food and Health, Sainsbury's Supermarkets Ltd

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

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

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

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

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

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

Dr Timothy Key (SACN member)  
Reader in Epidemiology, University of Oxford  
Cancer Research UK Epidemiology Unit, Radcliffe Infirmary, Oxford

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

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

## **Membership of Vitamin A Subgroup**

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

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

Dr Timothy Key (SACN member)  
Reader in Epidemiology, University of Oxford  
Cancer Research UK Epidemiology Unit, Radcliffe Infirmary, Oxford

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

Dr Anita Thomas (SACN member)  
Associate Medical Director / Consultant Physician in General (Internal) and Geriatric  
Medicine, Derriford Hospital, Plymouth Hospital NHS Trust  
Clinical Sub Dean, Peninsula Medical School, Universities of Exeter and Plymouth

Dr Anthony Williams (SACN member)  
Senior Lecturer and Consultant in Neonatal Paediatrics, St George's Hospital,  
London

Dr Bruce Cottrill (ACAF member)  
ADAS Wolverhampton

## **Membership of Fish Inter-Committee Subgroup**

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

**Members** Dr Timothy Key (SACN member)  
Reader in Epidemiology, University of Oxford  
Cancer Research UK Epidemiology Unit, Radcliffe Infirmary, Oxford

Professor Christine Williams (SACN member)  
Professor of Human Nutrition, University of Reading

Professor Kevin Chipman (COT member)  
Professor of Cell Toxicology, University of Birmingham

Professor Ieuan Hughes (COT member)  
Department of Paediatrics, University of Cambridge

Professor Ian Rowland (COT member)  
Professor Human Nutrition and Director of Northern Ireland Centre for Diet and Health, University of Ulster

## **Membership of Subgroup on Assessment for Nutrition of Novel Foods**

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

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

Professor John Cummings (SACN member)  
Professor in Experimental Gastroenterology, Department of Pathology and Neuroscience, University of Dundee

Dr Anthony Williams (SACN member)  
Senior Lecturer and Consultant in Neonatal Paediatrics, St George's Hospital, London

Professor Christine Williams (SACN member)  
Professor of Human Nutrition, University of Reading

Professor Ian Rowland (ACNFP member)  
Professor of Human Nutrition and Director of Northern Ireland Centre for Diet and Health, University of Ulster

Jill Brand (ACNFP lay member)  
Home Economist and Registrar for Births, Deaths and Marriages for Oxford County Council

## **Committee members' biographies**

### **Professor Alan Jackson (Chair)**

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

### **Professor Peter Aggett**

Head of School, Lancashire School of Health and Postgraduate Medicine, Professor of Child Health and Nutrition, University of Central Lancashire. Professor Aggett is interested in nutrition and metabolism and is experienced in issues relating to food composition, particularly in relation to trace elements. He has worked on a number of advisory committees at national and international levels relating to clinical nutrition, public health and preventative medicine including DoH and MAFF advisory committees, such as COT, ACNFP and EVM and was a member of COMA for 7 years. He is past chair of the ESPGHAN Committee on Nutrition and currently chairs the Standing Nutrition Committee of the RCPCH.

### **Professor Annie Anderson**

Professor of Food Choice at the Centre for Public Health Nutrition Research, Department of Medicine, Ninewells Medical School, University of Dundee. Professor Anderson has participated in a number of Department of Health, Food Standards Agency and Scottish Executive advisory committees on topics ranging from nutrient standard of school meals to the Low Income Diet and Nutrition Survey. Her main research interests are dietary assessment methodologies, nutrition education and interventions in children and adults living in disadvantaged communities. She is currently the editor of The Journal of Human Nutrition and Dietetics.

### **Professor Sheila Bingham**

Deputy Director of the Medical Research Council's Dunn Human Nutrition Unit. Professor Bingham is recognized for her work in the prevention of cancer through diet. She is a principal investigator of the UK European Prospective Investigation into Cancer (EPIC) study, which is a European wide collaboration. She was a member of COMA for 9 years and has served on a number of other government sub-committees and working groups including the Food Standards Agency Committee on Toxicity of Chemicals (COT), Working Group on Phytoestrogens.

### **Professor John Cummings**

Clinical Scientist at the Division of Pathology and Neuroscience, University of Dundee. Professor Cummings is a practising gastroenterologist and has maintained a clinical interest in gastroenterology for over 30 years. He has published many research papers on the influence of diet in relation to gut and other diseases. Professor Cummings has served on many public bodies, both national and international, with specific interest in nutrition and public health and is regarded as an expert in dietary carbohydrate and colonic health.

### **Miss Gill Fine**

Head of Food & Health at Sainsbury's Supermarkets Ltd with responsibility for developing and implementing the company's nutrition strategy. Miss Fine is a qualified Public Health Nutritionist with over 20 years experience in both private and public sectors. In her previous job at the British Nutrition Foundation (BNF), she was involved in developing the Foundation's strategy to improve nutrition education in the UK and was responsible for the initiation and subsequent development of the BNF/MAFF "Food a Fact of Life" programme for schools. She has experience of working as a nutritionist in industry, nutrition education and consumer communication.

### **Mrs Christine Gratus**

Mrs Gratus has a background in advertising, marketing and market research. She was the Director and International Vice-President of J Walter Thompson advertising agency until establishing her own Consultancy in 1990. Mrs Gratus has spent a lifetime listening to consumers talking about every aspect of their lives, with food high on the list, and now works mainly with academic and not for profit organisations on communication issues. She has represented consumers on the Royal College of Radiologists' Clinical Oncology Patient Liaison Group and the Royal College of Physicians' working parties on improving outpatient departments and psychological care of patients.

### **Dr Timothy Key**

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

### **Professor Peter Kopelman**

Professor of Clinical Medicine, Vice-Principal/Deputy Warden at Barts and The London, Queen Mary's School of Medicine and Dentistry, University of London. Professor Kopelman has considerable experience, from a clinical perspective, in the delivery of diabetes care and the management of obesity to all age groups. He has worked closely with Health Authorities and national organisations in addressing nutritional matters and has chaired a large number of committees within the university sector, the NHS, Health Authorities and the Royal College of Physicians.

### **Dr Ann Prentice**

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

### **Professor Emeritus Andrew Rugg-Gunn**

Recently retired as Clinical Professor, Newcastle University and Newcastle NHS Trust. Professor Rugg-Gunn was previously a member of the COMA Panel on Sugars and Human Disease. Formerly Director of the WHO Collaborating Centre for Nutrition and Oral Health, Co-Director of Newcastle University's Human Nutrition Research Centre, and Adviser to the British Dental Association on Nutrition and Oral Health. Author of several textbooks, one of which is a definitive work on nutrition and dental disease, he has published extensively in the field of preventive dentistry and nutrition.

### **Dr Anita Thomas**

Consultant Physician in General (Internal) and Geriatric Medicine, Derriford Hospital, Plymouth. Dr Thomas has a scientific background in health, nutrition and old age and has a doctorate on the subject of the nutritional status of elderly inpatients. She has served on various Department of Health committees and was a member of the EVM. She is Associate Medical Director for medical Education at Plymouth Hospitals NHS Trust, and a member of the Postgraduate Medical Education and Training Board.

### **Mrs Stella Walsh**

Mrs Walsh has a long-standing interest in the subjects of food and nutrition and is an experienced consumer representative having served on several government and industry committees and replied to consultations on behalf of consumers. Until recently she was the Secretary of the National Federation of Consumers (NFC) and has been a representative for the NFC on the Institute of Grocery Distributors, and other FSA and Defra committees. She has published several refereed

articles for academic and professional journals, book chapters and conference papers on consumer issues linked to her role as a Senior Lecturer at Leeds Metropolitan University.

### **Dr Anthony Williams**

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

### **Professor Christine Williams**

Head of School of Food Biosciences and Professor of Human Nutrition, University of Reading. She is an established international authority in human lipid nutrition and hormone metabolism in humans. Her research focuses on relationships between diet and cardiovascular disease, insulin resistance and metabolic syndrome. She was a member of COMA's Working Group on Nutrition and Cancer. Professor Williams currently chairs the Agri-Food Committee of the BBSRC.

## **Working Group on Iron members' biographies**

(not otherwise covered as SACN members)

### **Dr Bruno de Benoist**

Dr de Benoist is a senior adviser on micronutrients at the Department of Nutrition for Health and Development, at the World Health Organisation.

### **Professor Philip Calder**

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

### **Professor Sue Fairweather-Tait**

Head of Nutrition Division and Theme Leader for Diet and Health Research, Institute of Food Research. Professor Fairweather-Tait's main interests are in human mineral requirements and bioavailability. She served on the 1991 Committee on Medical Aspects of Food and Nutrition Policy (COMA) Panel on Dietary Reference Values and the 1995 British Nutrition Foundation's Task Force on Iron.

### **Professor Kim Fleischer Michaelsen**

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

### **Professor Sally Grantham-McGregor**

Professor of International Child Health, Centre for International Child Health, Institute of Child Health, University of London. Professor Grantham-McGregor research has focussed on the effects of nutrition (energy and micronutrients) on child development, cognitive function and school achievement. She spent thirty years in Jamaica, where she has built up a strong research base looking at the effect of under nutrition on children's development and possible interventions. She is currently working on the effect of prenatal nutrition on child development in Bangladesh and Jamaica.

### **Professor Joe Lunec**

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

### **Professor Martin Pippard**

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

### **Professor Mark Worwood**

Personal Chair in the Department of Haematology, University of Wales College of Medicine. Professor Worwood is a registered clinical scientist. His interests include iron absorption, biochemical and diagnostic testing of iron status, genetic and functional studies of human tissue ferritins and haemochromatosis. He was editor of the British Journal of Haematology from 1986 to 1991. He was a member of the 1995 British Nutrition Foundation's Task Force on Iron and is scientific adviser to the Haemochromatosis Society. He is author of numerous articles on iron biochemistry.

## **Annex 3**

### **Remuneration and committee finance**

There was an increase in the fees for committee members, which took effect from 1<sup>st</sup> April 2003; the new rates are as follows:

For Main Meetings the Chair received an attendance fee of £147 plus a reading fee of £36.75. Members received £116 for attendance fee plus a reading fee of £29.

For Working/Sub-Groups, Chair remuneration was £116 attendance fee and £29 reading fee. Members received £92 attendance fee and £23 reading fee. The sponsor departments also met travel and subsistence costs.

The cost of the Committee, excluding Secretariat resources, for 2003 was £50,604.81. DH and FSA met the cost on an equal basis.

## Annex 4

### Members' declaration of interests

MEMBER	PERSONAL INTERESTS		NON-PERSONAL INTERESTS		ANY OTHER INTERESTS
	Company	Nature of Interest	Company	Nature of Interest	
<b>Professor Alan Jackson</b>	None	N/A	Nutricia Clinical Care Baxter Healthcare	Sponsors of Annual Nutrition Course	None
<b>Professor Peter Aggett</b>	None	N/A	Astra-Zeneca Smith Nephew Nestec ILSI Abbott Wellcome Yakult International Copper Association	1 – 8. Chairmanship (meetings) and lecture fees. Departmental research and education in medicine and health, including food safety and metabolism.	None
<b>Professor Annie Anderson</b>	None	N/A	Birds Eye	Consultant	None
<b>Professor Sheila Bingham</b>	None	N/A	None	N/A	None
<b>Professor John Cummings</b>	Danone  Coeliac UK	Chair, Advisory Biotherapeutics Committee  Governor	PACKAGE (an EU programme on bar code reading of foods) ORAFIT	1. Consultant  2. Grant for work on pro and prebiotics	None

MEMBER	PERSONAL INTERESTS		NON-PERSONAL INTERESTS		ANY OTHER INTERESTS
	Company	Nature of Interest	Company	Nature of Interest	
<b>Miss Gill Fine</b>	Sainsbury's PLC	Shareholder	Sainsbury's Supermarket Ltd	Employee	BNF Industrial Governor, Nutrition Society Member, Royal Society of Health Fellow British Dietetic Association Affiliate member
<b>Mrs Christine Gratus</b>	None	N/A	None	N/A	None
<b>Dr Timothy Key</b>	None	N/A	None	N/A	Member of Vegetarian Society of the UK Member of Vegan Society
<b>Professor Peter Kopelman</b>	Weight Watchers (UK) Ltd	Medical Adviser	Johnson & Johnson Servier Research & Development Abbott Pharmaceuticals Alizyme Pharmaceuticals Sandoz Pharmaceuticals	Clinical trial sponsor Clinical study sponsor  Clinical trial sponsor Clinical trial sponsor Clinical trial sponsor	Trustee, International Association for the Study of Obesity (IASO) (Registered Charity)
<b>Professor Andrew Rugg-Gunn</b>	Colgate-Palmolive British Dental Association	Consultancy 2. Member of Accreditation Panels: Chair of Food & Drink Panel, Member of Dentifrice Panel	None	N/A	Trustee, Borrow Foundation

MEMBER	PERSONAL INTERESTS		NON-PERSONAL INTERESTS		ANY OTHER INTERESTS
	Company	Nature of Interest	Company	Nature of Interest	
<b>Dr Anita Thomas</b>	None	N/A	None	N/A	None
<b>Mrs Stella Walsh</b>	None	N/A	Leeds Coop Membership Committee	Member in a non policy making capacity	Consumer representation for National Federation of Consumers. FSA and DEFRA committees and working parties, including Cattle Movement, and Food Borne Disease
<b>Dr Anthony Williams</b>	None	N/A	Rank Prize Funds Children Nationwide	Sponsorship of college course Sponsorship of college course	Provision of voluntary advice to the following organisations: National Childbirth Trust, La Léche League, Baby Milk Action, UK Association for Milk Banking, Breastfeeding Network, UNICEF(UK) Baby Friendly Initiative, Child Advocacy International, Inter Agency Group on Breastfeeding Monitoring (IGBM), Nutricia Trustee of Women & Children First, Honorary Fellow of UNICEF (UK)
<b>Professor Christine Williams</b>	Masterfoods	Lecture honorarium	Unilever UK Ltd. Hoffman La Roche	Research funding Research funding	None

MEMBER	PERSONAL INTERESTS		NON-PERSONAL INTERESTS		ANY OTHER INTERESTS
	Company	Nature of Interest	Company	Nature of Interest	
<b>Dr Ann Prentice</b>	British Nutrition Foundation	1.Scientific Governor	As Director of MRC Human Nutrition Research		Personal interests of husband, Professor Andrew M Prentice, London School of Hygiene & Tropical Medicine, as listed: Tanita UK Ltd., Advisory Board Member Nestle (Mexico), Conference Expenses
	ILSI Europe	2.Conference expenses	responsibility for institutional interests as listed:	1.Nutritional Consultancy	
	Nestle Nigeria	3.Conference expenses	Arthritic Association	2.HNR Forum Member	
	Cow & Gate /Nutricia	4.Conference expenses	Brook Bond Tea Co.	3.Nutritional Consultancy	
			Carlton TV	4.Nutritional Consultancy	
			Cereal Partners	5.HNR Forum Member	
			Coca-Cola	6.Nutritional Consultancy	
			Cochrane Centre	7.Commissioned Report	
			Cohn & Wolfe	8.Nutritional Consultancy	
			Countrywide Porter Novelli		
			Cow & Gate/Nutricia	9.Conference Expenses	
			Health Professionals Council	10.Nutritional Consultancy	
			ILSI Europe	11.Nutritional Consultancy	
			Kellogs	12.Conference Expenses, funding for PhD Studentship	
			Micromass	13.Research collaboration	
			Nestle Foundation	14.Research funding	
			Nestle Nigeria	15.Conference Expenses	
			Nestec Ltd	16.Research collaboration, funding for PhD studentship	
			Nutricia	17.Nutritional Consultancy	
			Pacific Productions	18.Nutritional Consultancy	
			Phytopharm	19.Nutritional Consultancy	
			Roche	20.Conference Expenses, Nutritional Consultancy	
			Sainsbury	21.Nutritional Consultancy	
			Sanofi-Synthelabo	22.Research Expenses	
			Semper Foods	23.Research collaboration	
			Tanita UK Ltd	24.Nutritional Consultancy	



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