



Annual Report 2004

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Foreword

I am pleased to present the Scientific Advisory Committee on Nutrition's (SACN) annual report, covering the year 2004.

This year has seen the publication of the first joint SACN and Committee on Toxicology (COT) report, entitled *Advice on fish consumption: benefits and risks*. An Inter-Committee Subgroup, comprising members from both SACN and COT, was established to consider the benefits and risks of fish consumption. I am grateful to members of the Subgroup for making a challenging task both educational and enjoyable. This marked the first time that SACN and COT had worked so closely together and I am pleased it was such a success.

This year saw the continued work of several groups that were established in previous years: the Working Group on Iron; the Subgroup on Maternal and Child Nutrition; and the Vitamin A Subgroup. A Folate Subgroup was established this year, which will report its conclusions to the main Committee next year.

A horizon-scanning workshop is due to be held in February of 2005 that will raise issues for future consideration.

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 for their work throughout the year. Their efforts in ensuring the efficient conduct of Committee business are greatly appreciated.

Professor Alan Jackson
Chair

Introduction

This is the third annual report of the Scientific Advisory Committee on Nutrition (SACN) and covers the calendar year 2004.

Overview

The full Committee met three times in 2004 on 23 February, 18 June and 15 October. Professor Jackson chaired all meetings. The 18 June meeting was the Committee's open meeting.

The Working Group on Iron met three times in 2004 under the chairmanship of Professor Aggett. The Vitamin A and Folate subgroups met twice, the subgroup on Maternal and Child Nutrition met once and the Approaches to the Nutritional Assessment of Novel Foods (ANANF) met twice.

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

Gill Fine, our industry representative, left the Committee in September 2004.

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 at 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 2003. 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 did not hold a horizon-scanning workshop in 2004. This will now take place in early 2005 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. The workshop in 2005 will also provide a useful opportunity to discuss working practices and to develop further 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 (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 2004

The full Committee met three times in 2004. There are, in addition, five groups that develop recommendations and advice on specific subjects. They are:

The Folate Subgroup
The Iron Working Group
The Maternal and Child Nutrition Subgroup
The Subgroup on Vitamin A
The Nutritional Assessment of Novel Foods Subgroup

Folate Subgroup

Background

At our horizon-scanning meeting in September 2003 we decided to look at the evidence concerning folate and disease that had arisen since the COMA report, Folic Acid and the Prevention of Disease (Department of Health, 2000). We established a Subgroup in February 2004 to consider the evidence and make recommendations to the Committee.

Terms of reference

- To consider the evidence that has arisen since the COMA report, Folic Acid and the Prevention of Disease (Department of Health, 2000)
- To advise on any gaps in the evidence base, with particular reference to the issue of folic acid masking vitamin B₁₂-deficiency
- To consider when and how to review the previous COMA risk assessment

Activity

The Folate Subgroup met on 10 September and 1 November in 2004. It is intended that there will be one further meeting in March next year before conclusions are reached and the update paper is presented to the full Committee for agreement.

Iron Working Group

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 2004. Work is progressing well towards a proposed publication date in 2005.

Maternal and Child Nutrition Subgroup

Background

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

Terms of reference

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

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

Activity

So far, the following recommendations have been made:

- Foods containing gluten should not be given to babies under 6 months.
- Oats should not be given to babies under 6 months, as there is a risk of contamination with wheat during processing and packaging.
- There are unlikely to be risks associated with delaying weaning until six months in infants who are mixed fed on breast and infant formula 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 clinical condition that exclusively requires its use.

The group met once in September 2004. The group is expected to complete a report on the influence of maternal, fetal and child nutrition on development of disease in later life disease in 2005.

Vitamin A Subgroup

Background

In May 2003, the Expert Group on Vitamins and Minerals (EVM) reported on the safe levels of intake of vitamin and mineral supplements sold under food law. For vitamin A (retinol), a Guidance Level of 1500 µgRE/day was set for adults, based on evidence that intakes above this level may increase the risk of bone fracture.

The National Diet and Nutrition Survey indicates that the diet of some individuals, especially older people, may be exceeding the Guidance Level of 1500 µgRE/day. Older people are at increased risk of fracture from osteoporosis and high levels of vitamin A may compound this risk. Eating liver and taking dietary supplements may lead to vitamin A intakes greater than 1500 µgRE/day. The Food Standards Agency asked SACN to review current advice to consumers on vitamin A (retinol) intake with particular reference to liver.

Terms of reference

In view of the NDNS findings that a proportion of the population 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 twice in 2004. It hopes to report its conclusions in the summer of 2005.

Nutritional assessment of novel foods Subgroup

Background

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

Terms of reference

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

It is intended that the resulting advice will be used by:

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

Activity

The Subgroup met twice in 2004.

Further Highlights in 2004

Nutrition and Health Claims Proposal

The European Commission has now formally adopted a proposal to regulate nutrition and health claims made on foods. This was discussed in 2003 and Members considered the issue again in 2004. In summary the proposal aims to regulate nutrition and health claims; set out a list of positive nutrition claims; and define the procedure for the verification of health claims. We have noted our response to the proposal in a SACN paper that has been passed to the FSA Food Labelling Division. We hope that our response on this issue will have an impact. Time scales for the process are not known.

National Diet and Nutrition Survey (NDNS)

The Committee was asked to comment on the summary of the published survey, provided by Gillian Swan. Members welcomed publication of the NDNS findings and emphasised the value and importance of this evidence in understanding the diet and nutritional status of the population, to inform decisions on interventions by Government and others, and in identifying future research priorities.

We noted that at a general level the findings were not very encouraging and that it was clear that there had been little improvement in population nutrition since the last NDNS in 1986/7.

Obesity Reports

The Committee considered a number of reports on this issue. Although most of the recommendations related to risk management, in keeping with the Committee's remit of scientific advice, we considered the factors that influence consumer food choice - biological, behavioural and financial. We particularly focussed on the available evidence, the gaps in the evidence base and the kind of evidence that is required to support policies on tackling obesity. We agreed that this was an important issue for 2005.

Energy Requirements Working Group

At our horizon-scanning meeting in 2003 we agreed to review the Dietary Reference Values (DRVs) for energy set in 1991 in the COMA report *Dietary Reference Values for Food Energy and Nutrients for the United Kingdom*.

The latest National Diet and Nutrition Survey of adults has highlighted that average energy intakes are less than the Estimated Average Requirement (EAR) for energy, despite this there is a continuing increase in overweight and obesity in the UK. Whilst some of this difference between energy intake and the reference requirements can be accounted for by underreporting of food intake, there is concern that the energy requirements as set in 1991 may be set too high for the UK population. Early in 2005, the FAO/WHO/UNU Expert Consultation Report on Human Energy Requirements is due to be released. In light of the release of this report, this is an appropriate time to review the energy requirements for the UK.

It was agreed that a Working Group should be established to look at the issue and should comprise Professor Alan Jackson, Dr Anthony Williams, Professor Christine Williams, Dr Anita Thomas and Mrs Stella Walsh. The group would also include co-opted experts, who were all involved in the FAO/WHO/UNU Expert Consultation Report on Human Energy Requirements, Professor Joe Millward, Professor Marinos Elia, Professor Andrew Prentice, Professor Prakash Shetty and Professor Chris Riddoch.

The first meeting of this Working Group is due to be held on 4 April 2005.

Food and Health Action Plan (FAHAP) (England only)

In 2004 we were provided with a copy of the discussion paper on Food and Health Action Plan (FAHAP), which had been prepared by the Department of Health in consultation with other

Government Departments and Agencies, for a stakeholder event held in February 2004. The paper had set out the Government's nutritional priorities and the purpose of the stakeholder meeting was to consult with a wide range of stakeholders to consider these and other priorities, and action on them.

We noted that the evidence base for suitable interventions to effective action that brought about the desired change was of the greatest importance and we stressed the importance of adequate resources being committed to the processes of monitoring and evaluation. We were interested in how the FAHAP would allow for monitoring and evaluation of the first two objectives (increase access to the wider range of food choices contributing to a healthy diet, and improve the availability and awareness of nutritional and dietary information).

The Committee acknowledged that the FAHAP was a valuable and important step forward in trying to develop a rational approach and take on board the range of players involved.

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

Chair	Professor Alan Jackson Professor of Human Nutrition, University of Southampton
Members	Professor Peter Aggett Head of School, Lancashire School of Health and Postgraduate Medicine, Professor of Child Health and Nutrition, University of Central Lancashire
	Professor Annie Anderson Professor of Food Choice, Centre for Public Health Nutrition Research, University of Dundee
	Professor Sheila Bingham Deputy Director, Medical Research Council's Dunn Human Nutrition Unit, Cambridge
	Professor John Cummings Professor in Experimental Gastroenterology, Department of Pathology and Neuroscience, University of Dundee
	Miss Gill Fine (until September 2004) Head of Food and Health, Sainsbury's Supermarkets Ltd
	Mrs Christine Gratus (lay member) Retired Director and International Vice-President of J Walter Thompson
	Professor Timothy Key Professor in Epidemiology, University of Oxford Cancer Research UK Epidemiology Unit, Radcliffe Infirmary, Oxford
	Professor Peter Kopelman Professor of Clinical Medicine, Vice-Principal/Deputy Warden, 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 Retired 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
Observers	Mrs Rosemary Hignett 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)

Food Standards Agency

Dr Alison Tedstone (Scientific Secretary)

Dr Peter Sanderson

Ms Rachel Elsom

Mr Jeff Alder

Ms Emma Peacock

Ms Mamta Singh

Mr Matt Lynch

Membership of Working Group on Iron

Chair	Professor Peter Aggett (SACN member) Head of School, Lancashire School of Health and Postgraduate Medicine, Professor of Child Health and Nutrition, University of Central Lancashire
Vice Chair	Dr Ann Prentice (SACN member) Director, MRC Human Nutrition Research, Cambridge
Members	Professor Philip Calder (External Expert) Foetal Origins of Adult Disease Division, University of Southampton
	Professor Sue Fairweather-Tait (External Expert) Head of Nutrition and Consumer Science Division, Institute of Food Research
	Mrs Christine Gratus (SACN lay member) Retired Director and International Vice-President of J Walter Thompson
	Professor Joe Lunec (External Expert) Director of Chemical Pathology, Leicester University
	Professor Timothy Key (SACN member) Professor in Epidemiology, University of Oxford Cancer Research UK Epidemiology Unit, Radcliffe Infirmary, Oxford
	Professor Sally Grantham-McGregor (External Expert) Centre for International Child Health, Institute of Child Health
	Professor Kim Fleischer Michaelsen (External Expert) Research Department of Human Nutrition, The Royal Veterinary and Agricultural University, Denmark
	Professor Martin Pippard (External Expert) Professor of Haematology, University of Dundee
	Professor Mark Worwood (External Expert) Department of Haematology, University Hospital, Wales

Membership of Subgroup on Folate

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

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

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

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

Dr Anita Thomas (SACN member)
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

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 Postgraduate Medicine, Professor
of Child Health and Nutrition, University of Central Lancashire

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

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

Professor Timothy Key (SACN member)
Professor in Epidemiology, University of Oxford
Cancer Research UK Epidemiology Unit, 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 Postgraduate Medicine, Professor
of Child Health and Nutrition, University of Central Lancashire

Professor Timothy Key (SACN member)
Professor 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 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, particularly in relation to trace element metabolism. He has worked on a number of advisory committees at national and international levels relating to clinical nutrition, public health and preventative medicine including nutritional safety and risk assessment. He has been a member of a number of DoH, MAFF and FSA advisory committees, such as COT, ACNFP and EVM. He was a member of COMA for 7 years, and is a past chair of the ESPGHAN Committee on Nutrition and currently chair of the Standing Committee on Nutrition for the Royal College of Paediatrics and Child Health

Professor Annie Anderson

Professor of Food Choice at the Centre for Public Health Nutrition Research, Department of Medicine, Ninewells Medical School, University of Dundee. Professor Anderson has 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 Chemical's (COT), Working Group on Phytoestrogens.

Professor John Cummings

Professor of Experimental Gastroenterology in the Division of Pathology and Neuroscience, University of Dundee. Professor Cummings is a practising gastroenterologist and nutrition scientist. 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, the gut microflora and colonic health.

Miss Gill Fine

Former Head of Food & Health at Sainsbury's Supermarkets Ltd where she was responsible 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. She left the Committee in September 2004 to take up a post as a Director with the Food Standards Agency.

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. She is also a member of the National Cancer Research Institute's Consumer Liaison Group.

Professor Timothy Key

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

Professor Peter Kopelman

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 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 and is a member of the Lowermoor subgroup of COT. She is Associate Medical Director for Medical Education at Plymouth Hospitals NHS Trust, and a member of the Postgraduate Medical Education and Training Board and chair of the Training Committee for PMETB.

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 and 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)

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 interest is human mineral metabolism. She served on the 2004 Evaluation Committee for the Department of Agriculture and Food Science, ETH, Zurich, the 2004 Review Sub Committee for the MRC Resource Centre for Human Nutrition, Cambridge, and is one of the judges for the Science, Engineering and Technology Food, Nutrition and Health Student of the Year Awards.

Professor Kim Fleischer Michaelsen

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

Professor Sally Grantham-McGregor

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

Professor Joe Lunec

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

Professor Martin Pippard

Professor of Haematology and 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

Professor Worwood holds a personal Chair in the Department of Haematology, School of Medicine, Cardiff University and is an Honorary Clinical Scientist in the Cardiff and Vale NHS Trust. His interests have included iron absorption, genetic and functional studies of human ferritin, diagnostic

methods for investigating iron status, and haemochromatosis. He was editor of the British Journal of Haematology from 1986 to 1991. He was a member of the 1995 British Nutrition Foundation's Task Force on Iron, The Joint WHO/CDC Technical Consultation on Assessment of Iron Status at Population Level (2003-2004) and is scientific adviser to the Haemochromatosis Society. He is author of numerous articles on iron metabolism.

Annex 3

Remuneration and Committee finance

There was an increase in the fees for Committee members, which took effect in 2004. The new rates are as follows:

For Main Meetings the Chair received a total fee of £188 inclusive of attendance and reading fees. Members received £149 inclusive of attendance and reading fees.

For Working/Sub-Groups, Chair remuneration was £149 inclusive of attendance and reading fees. Members received £118 inclusive of attendance and reading fees.

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

The cost of the Committee, excluding Secretariat resources, for 2004 was £42,601.83. 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	
Professor Alan Jackson	None	N/A	Nutricia Clinical Care Baxter Healthcare	Sponsors of Annual Nutrition Course	None
Professor Peter Aggett	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
Professor Annie Anderson	None	N/A	None	N/A	None
Professor Sheila Bingham	None	N/A	None	N/A	None
Professor John Cummings	Danone Coeliac UK	Chair, Advisory Biotherapeutics Committee Governor	PACKAGE (an EU programme on bar code reading of foods)	Consultant	None

MEMBER	PERSONAL INTERESTS		NON-PERSONAL INTERESTS		ANY OTHER INTERESTS
	Company	Nature of Interest	Company	Nature of Interest	
Miss Gill Fine (until September 2004)	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
Mrs Christine Gratus	None	N/A	None	N/A	None
Professor Timothy Key	None	N/A	None	N/A	Member of Vegetarian Society of the UK Member of Vegan Society
Professor Peter Kopelman	Weight Watchers (UK) Ltd	Medical Adviser	Abbott Pharmaceuticals Alizyme Pharmaceuticals Sanofi-Aventis Pharmaceuticals MSD	Clinical trial sponsor Clinical study sponsor Clinical trial sponsor Clinical trial sponsor	Trustee, International Association for the Study of Obesity (IASO) (Registered Charity) Chairman, St Bartholomew's Choral Society Trustee, Centre of the Cell, Queen Mary, University of London Director, QMW Public Policy Seminars
Professor Andrew Rugg-Gunn	National Fluoride Information Centre (Manchester University)	Consultancy	None	N/A	Trustee, Borrow Foundation (Registered Charity)

MEMBER	PERSONAL INTERESTS		NON-PERSONAL INTERESTS		ANY OTHER INTERESTS
	Company	Nature of Interest	Company	Nature of Interest	
Dr Anita Thomas	None	N/A	None	N/A	None
Mrs Stella Walsh	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
Dr Anthony Williams	None	N/A	Rank Prize Funds WellChild	Sponsorship of college course Sponsorship of college course	<u>Voluntary professional advisor to:</u> National Childbirth Trust, La Lèche League, Baby Milk Action, UK Association for Milk Banking, Breastfeeding Network, UNICEF(UK) Baby Friendly Initiative, Inter-agency Group on Breastfeeding Monitoring (IGBM), Women & Children First (Trustee), HDA Mother and Child Nutrition Collaborating Centre, University of York. <u>Membership of organisations:</u> Honorary Fellow of UNICEF (UK); Fellow of Royal College of Physicians (London); Fellow of Royal College of Paediatrics & Child Health. Member of: Nutrition Society, British Association of Perinatal Medicine, International Society for Research in Human Milk and Lactation, Child Advocacy International.
Professor Christine Williams	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	
Dr Ann Prentice	British Nutrition Foundation	1. Scientific Governor	As Director of MRC Human Nutrition Research responsibility for institutional interests as listed:		Personal interests of husband, Professor Andrew M Prentice, London School of Hygiene & Tropical Medicine, as listed: Personal Tanita UK Ltd., Advisory Board Member Non-Personal Bristol-Myers Squibb, Research Award
	The Nutrition Society	Honorary Officer/Director	Astrazeneca International Bord Bia British Broadcasting Corporation Campden and Chorleywood Food Research Association Cereal Partners UK The Coca-Cola Company Dana centre Deloitte Food and Drink Federation Goldman Sachs GP Masterclass Ketchum Institute of Grocery Distributors Mediscript Men's Health Magazine Nursing Focus Pfizer Nurse Education Rank Hovis McDougal Reed Business Information Roche Safeway Magazine Sainsbury Sanofi-Synthelabo Tanita UK Ltd The Medicine Group	Lecture expenses Lecture expenses Consultancy Lecture expenses Consultancy/Research funds in kind Lecture expenses Lecture expenses Lecture expenses Advisory Board Lecture expenses Lecture expenses Advisory Board Advisory Board Article Fees Article Fees Lecture expenses Lecture expenses Research funds in kind Consultancy Lecture expenses Consultancy Consultancy/Research funds in kind Advisory Board/Research funds Lecture expenses Article Fees	

			The Guardian The Observer Times Educational Supplement Unilever Uk Soft Drinks Association	Article Fees Lecture expenses Article Fees Consultancy/Research funds in kind Lecture expenses	
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