



Annual Report 2005

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## Foreword

I am pleased to present the Scientific Advisory Committee on Nutrition's (SACN) annual report, covering the year 2005.

This year another SACN report was published: *Review of Dietary Advice on Vitamin A* – for which, particular thanks must go to the Vitamin A Subgroup. The Food Standards Agency (FSA) had asked SACN to look at advice on vitamin A after experts highlighted, in May 2003, evidence that suggested that high intakes over many years may increase the risk of osteoporosis in later life.

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 Subgroup on Folate. In addition a new Working group on Energy Requirements was established this year

My thanks go to the members of the Committee and its Working groups and Subgroups 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 fourth annual report of the Scientific Advisory Committee on Nutrition (SACN) and covers the calendar year 2005.

## Overview

The full Committee met three times in 2005 on 23 February, 15 June and 19 October. Professor Jackson chaired all meetings. The 15 June meeting was the Committee's open meeting.

The Working Group on Energy met three times in 2005 under the chairmanship of Professor Jackson. The Subgroups on Folate and Maternal and Child Nutrition met twice. The Approaches to the Nutritional Assessment of Novel Foods (ANANF) did not meet in 2005.

## 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 / 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; and
- research requirements for the above.

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

## Membership

Two new members, Dr David Mela and Professor Ian Macdonald, were appointed to the committee in 2005. David Mela is the industry representative. Ian Macdonald is also a member of the Working group on Energy Requirements.

Dr Robert Fraser was appointed to the Subgroup on Child and Maternal Nutrition in 2005

Biographies of members can be found at Annex 3.

#### **Remuneration and Committee finance**

Remuneration and Committee finances are shown at Annex 4.

#### **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 5.

#### **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 DEPARTMENT OF HEALTH 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 held a horizon-scanning workshop on 3rd and 4th February 2005 in order to pin point 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.

#### **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 2005

The full Committee met three times in 2005. There are, in addition, five groups that develop recommendations and advice on specific subjects. They are:

The Folate Subgroup  
The Energy Requirements Working Group  
The Iron Working Group  
The Maternal and Child Nutrition Subgroup  
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 B<sub>12</sub>-deficiency; and
- to consider when and how to review the previous COMA risk assessment.

### Activity

The Folate Subgroup met on 5 May 2005 with a conference call on 26 September 2005. After initial consideration of the evidence we agreed that sufficient new evidence had arisen since 2000 to warrant a full risk assessment. A draft report, *Folic Acid and the Prevention of Disease (2005)*, was launched for consultation at the end of 2005. The finalised report will be published in 2006.

## Energy Requirements Working Group

### Background

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*, as requested by FSA and the Department of Health.

The latest National Diet and Nutrition Survey of adults highlighted that although average energy intakes are less than the Estimated Average Requirement (EAR) for energy, there is a continuing increase in overweight and obesity in the UK. While some of the 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 was released. In light of the release of this report, this is an appropriate time to review the energy requirements for the UK.

A Working Group was established to look at the issue. Members include Professor Alan Jackson, Dr Anthony Williams, Professor Christine Williams, Dr Anita Thomas and Mrs Stella Walsh. The group also includes 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.

### Terms of reference

- review and agree on the interpretation of the methods, definitions and assumptions used by COMA (1991) and FAO/WHO/UNU (2005) to agree energy requirements;
- agree a framework by which to arrive at energy requirements for the UK population and its Subgroups;
- agree population based Dietary Reference Values for energy, and provide recommendations taking into account age, body size, levels of activity, gender and physiological state (i.e. growth, pregnancy and lactation); and
- consider the implications of these recommendations on the requirements for other nutrients.

### Activity

The Energy Requirements Working Group met on 23 September, 14 September and 2 December in 2005.

## Iron Working Group

### Background

National surveys have consistently shown that a proportion of the population, particularly young women and children, have low iron intakes relative to requirements, which has raised concerns that they may be at risk of iron deficiency.

Meat, particularly red meat, is a rich source of iron. 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 and recommended that this should be the subject of review.

### Terms of reference

To review the dietary intakes of iron in its various forms and the impact of different dietary patterns on the nutritional and health status of the population and to make proposals. It was agreed to consider both beneficial and adverse effects of increasing iron intakes, including:

- the interaction of low-grade infections/inflammation with iron metabolism and whether this might affect the apparent incidence of iron deficiency;
- the effect of iron deficiency on mental and physical development;
- the effect of dietary components on iron absorption and utilisation in the body; and
- the potential adverse effects of excess iron, including free radical damage and the risk of cardiovascular disease and cancer.

### Activity

The Iron Working Group met twice in 2005. The SACN report on iron is due to be made available for public comment at the end of 2006.

## 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; and
- 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; and
- 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 twice in 2005 on 2 August and 21 November. 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.

## Nutritional Assessment of Novel Foods Subgroup

### Background

A joint Subgroup 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 Subgroup 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 did not meet in 2005.

### **Further Highlights in 2005**

#### **National Diet and Nutrition Survey (NDNS)**

Two NDNS papers were presented to the Committee for consideration during 2005:

- The first paper was a summary of evidence on the nutritional health of the British population, drawn from all the National Diet and Nutrition Surveys carried out over the last fifteen years. We were asked to draw general conclusions regarding the nutritional health of the population.
- The second paper was a secondary analysis of micronutrient intake and status data from the most recent NDNS of adults aged 19-64 years (2000/01). We noted that while there was some evidence of positive dietary changes in the population, there were a number of areas of concern, particularly for older children, young adults, people in lower socio-economic groups and older people in institutions. These groups tended to consume unbalanced diets and had low intakes and status for a number of vitamins and minerals, giving rise to concerns about their long-term health.

It is intended that the two papers will be combined to form a synthesis paper, incorporating our conclusions and recommendations, for publication as a SACN report in 2006.

In addition, we were asked to comment on proposals for the new NDNS rolling programme. The key feature of the rolling programme is that fieldwork would be carried out every year covering all age groups from 1½ years. This would provide more frequent data points on each age group and so allow a better assessment of trends in dietary behaviour. We welcomed the move to a rolling programme and emphasised the importance of NDNS data for assessing nutritional issues in the population. A SACN Subgroup has been set up to provide detailed advice on the development of methodology for the rolling programme.

### **Nutrient Profiling**

The Nutrient Profiling Model was developed by the Agency to support Ofcom's work to further regulate the broadcast advertising of food high in fats, salt or sugar to children. We considered and commented on this issue in 2005. We discussed several points of the model and noted that it would be reviewed in 2006, when it could be adjusted further.

### **Selenium**

In June, the Committee was presented with a paper, which gave an overview of the current evidence base on selenium and health. We were asked to consider the evidence and provide advice on the need for a full risk assessment and its timing.

At the same time we were also informed of the research the Agency is carrying out in relation to functional markers of selenium, that could impact upon any conclusion drawn by us. This work would be due for completion in 3 to 4 years.

We concluded that there was insufficient evidence at this time to proceed with a full risk assessment. In particular, we requested data on variability of intake and the NDNS was viewed as a possible source of such information. Also, we required more extensive information on the nature of selenium exposure and selenium status, as well as outcomes in relation to selenium and health and disease.

### **Vitamin A**

The vitamin A report was published in September. We noted that it was now for the Agency to consider any risk management issues raised by the report and any dietary advice regarding vitamin A.

# 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 (e.g. infants and the elderly) and inequality issues;
- research requirements for the above; and
- 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; and
- 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 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
	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
	Professor Ian Macdonald Professor of Metabolic Physiology at the University of Nottingham and Director of Research in the Faculty of Medicine and Health Sciences
	Dr David Mela Senior Scientist and Expertise Group Leader, Unilever Food and Health Research Institute, The Netherlands
	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 Tabitha Jay  
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

Mr Jeff Allder (left September 2005)

Ms Lynda Harrop (joined October 2005)

Ms Emma Peacock

Ms Mamta Singh

Ms Saadia Noorani

Mr Matt Lynch

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

<b>Chair</b>	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
<b>Vice Chair</b>	Dr Ann Prentice (SACN member) Director, MRC Human Nutrition Research, Cambridge
<b>Members</b>	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 Working Group on Energy Requirements**

<b>Chair</b>	Professor Alan Jackson Professor of Human Nutrition, University of Southampton
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**Members**

Professor Marinos Elia (External Expert)  
Professor of Clinical Nutrition and Metabolism at the University of Southampton and Honorary Consultant Physician at Southampton General Hospital

Professor Ian Macdonald  
Professor of Metabolic Physiology at the University of Nottingham and Director of Research in the Faculty of Medicine and Health Sciences

Professor Joe Millward  
Head of Division of Nutrition Dietetics and Food, and Professor of Human Nutrition, University of Surrey

Professor Chris Riddoch (External Expert)  
Head of the London Sport Institute, Middlesex University. Professor of Sport and Exercise Science

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

Professor Christine Williams  
Professor of Human Nutrition, University of Reading

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

Mrs Stella Walsh  
Senior Lecturer, Leeds Metropolitan University

**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

Dr Robert Fraser

Reader in Obstetrics and Gynaecology in the University of Sheffield with an Honorary Consultant contract in Obstetrics and Gynaecology at the Sheffield NHS Foundation Trust

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

## Annex 3

### 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 Chemicals (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.

**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.

**Professor Ian Macdonald**

Ian Macdonald is Professor of Metabolic Physiology at the University of Nottingham and Director of Research in the Faculty of Medicine and Health Sciences. His research interests are concerned with the nutritional and metabolic aspects of obesity, diabetes and cardiovascular disease, with additional interests in nutrition and metabolism in exercise. His research involves studies in healthy subjects and various patient groups, and combines whole body physiological measurements, molecular investigation of tissue samples, and dietary interventions. Ian Macdonald is presently Editor to the International Journal of Obesity and Chair of the International Association for the Study of Obesity Finance Committee

**Dr David Mela**

Senior Scientist and Expertise Group Leader, Unilever Food and Health Research Institute, The Netherlands. Dr Mela joined Unilever in 1998, following a substantial academic research career in the US and UK. His main interests and publications relate to the biological and behavioural aspects of food choice, eating behaviour and weight control, ranging from consumer research through energy metabolism. In Unilever, he manages an expert research team responsible for identifying and providing clinical support for products with weight control and performance benefits. He also contributes to strategic planning and business and communication support in nutrition, and acts as a scientific liaison with external academic and trade organisations

**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.

## Members' biographies (not otherwise covered as SACN members)

### **Working Group on Iron**

#### **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, is Director of the Graduate School of Biomedical and Life Sciences, 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 genetic 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.

## **Working Group on Energy**

### **Professor Marinos Elia**

Professor of Clinical Nutrition and Metabolism at the University of Southampton and Honorary Consultant Physician at Southampton General Hospital. He obtained a BSc (Hons) in Biochemistry and MB ChB degrees in Medicine from the University of Manchester, before undertaking research for an MD at the MRC Metabolic Research Laboratories, Oxford, headed by Sir Hans Krebs. He then moved to Cambridge, where he headed the Clinical Nutrition Group of the MRC Dunn Nutrition Unit, and the Nutrition Team at Addenbrooke's Hospital, and was Senior Research Fellow at Churchill College, University of Cambridge. He is currently an editor of five nutrition journals, and has

been editor-in-chief of *Clinical Nutrition*. He has served on many national and international committees, and has chaired a number of them. He is currently chairman of the International Society of Body Composition Research, the British Association for Parenteral and Enteral Nutrition (BAPEN), and the Health Economic Committee of BAPEN. He has published extensively on various aspects of nutrition and metabolism.

#### **Professor Joe Millward**

Head of Division of Nutrition Dietetics and Food, and Professor of Human Nutrition, University of Surrey. Professor Millward has research interest in the regulation of growth and body composition with current research exploring metabolic demands for amino acids and essential fatty acids with a particular interest in adaptive responses to variation in macronutrient intakes. He was a member of the Energy and Protein panel of COMA responsible for the 1991 Dietary Reference Values report and is currently co-chair of the FAO/WHO/UNU expert consultation on Protein and Amino Acids in Human Nutrition.

#### **Professor Andrew Prentice**

Head of MRC International Nutrition Group and Professor of International Nutrition at the London School of Hygiene and Tropical Medicine. Also Head of MRC Nutrition Programme in the Gambia, West Africa.

#### **Professor Chris Riddoch**

Head of the London Sport Institute, Middlesex University. Professor of Sport and Exercise Science. Professor Riddoch's work encompasses the extent to which physical activity levels affect health and how interventions aimed at individuals and environments can improve activity levels. His research focuses particularly on children's physical activity and how it relates to childhood obesity. Professor Riddoch was the Senior Scientific Editor of the Chief Medical Officer's 2004 report on Physical Activity and Health.

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

#### **Dr Robert Fraser**

Reader in Obstetrics and Gynaecology in the University of Sheffield with an Honorary Consultant contract in Obstetrics and Gynaecology at the Sheffield NHS Foundation Trust. Research interests include nutritional physiology of human pregnancy, normal and disordered fetal growth and public health aspects of nutrition in pregnancy and lactation. He also has a clinical research interest in pregnancy complicated by maternal diabetes.

## Annex 4

### Remuneration and Committee finance

The amount paid to committee members for fees increased in 2005. For Main Meetings the Chair received a revised total fee of £193 inclusive of attendance and reading fees. Members received £153 inclusive of attendance and reading fees.

For Working/Subgroups, Chair remuneration was £153 inclusive of attendance and reading fees. Members received £121 inclusive of attendance and reading fees.

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

The cost of the Committee, excluding Secretariat resources, for 2005 was £35,332.37. DEPARTMENT OF HEALTH and FSA met the cost on an equal basis.

# Annex 5

## SACN Main Committee – 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	Chair, Advisory Biotherapeutics Committee	PACKAGE (an EU programme on bar code reading of foods)	Consultant	None
	Coeliac UK	Governor			

Member	Personal interests			Non-personal interests			Any other interests	
	Company	Nature of Interest	Company	Company	Nature of Interest	Nature of Interest		
Mrs Christine Gratus	None	N/A	None	None	N/A	N/A	None	None
Professor Timothy Key	None	N/A	None	None	N/A	N/A	Member of Vegetarian Society of the UK Member of Vegan Society	
Professor Peter Kopelman	Weight Watchers (UK) Ltd	Medical Advisor	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 Ian Macdonald	Mars Incorporated Masterfoods Europe Pharmaceutical Profiles Ltd.	Advisory Board Advisory Board/Consultancy Consultancy Advice	Mars Incorporated/Masterfoods Europe Astra Zeneca		Research project funding Research project funding			
Dr David Mela	Unilever	Employee and shareholder	None	None	N/A	N/A		
Professor Andrew Rugg-Gunn	National Fluoride Information Centre (Manchester University)	Consultancy	None	None	N/A	N/A	Trustee, Borrow Foundation (Registered Charity)	
Dr Anita Thomas	None	N/A	None	None	N/A	N/A	None	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	

Member	Personal interests		Non-personal interests		Any other interests
	Company	Nature of Interest	Company	Nature of Interest	
Dr Anthony Williams	None	N/A	Rank Prize Funds WellChild	Sponsorship of college course Sponsorship of college course	<p><b>Voluntary professional advisor to:</b> National Childbirth Trust, La Leche League, Baby Milk Action, UK Association for Milk Banking, Breastfeeding Network, UNICEF(UK) Baby Friendly Initiative, Inter-agency Group on Breastfeeding Monitoring (IGBM), Women &amp; Children First (Trustee), HDA Mother and Child Nutrition Collaborating Centre, University of York.</p> <p><b>Memberships of organisations:</b> Honorary Fellow of UNICEF (UK); Fellow of Royal College of Physicians (London); Fellow of Royal College of Paediatrics &amp; Child Health. Member of: Nutrition Society, British Association of Perinatal Medicine, International Society for Research in Human Milk and Lactation, Child Advocacy International.</p>
Professor Christine Williams	Masterfoods	Lecture honorarium	Unilever UK Ltd. Hoffman La Roche	Research funding Research funding	None

Personal interests		Non-personal interests		Any other interests	
Member	Company	Nature of Interest	Company	Nature of Interest	
Dr Ann Prentice	British Nutrition Foundation The Nutrition Society	1. Scientific Governor Honorary Officer/Director	As Director of MRC Human Nutrition Research responsibility for institutional interests as listed: 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 The Guardian The Observer Times Educational Supplement Unilever UK Soft Drinks Association	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 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 Article Fees Lecture expenses Article Fees Consultancy/Research funds in kind Lecture expenses	Personal interests of husband, Professor Andrew M Prentice, London School of Hygiene & Tropical Medicine, as listed:  <b>Personal</b> Tanita UK Ltd., Advisory Board Member  <b>Non-Personal</b> Bristol-Myers Squibb, Research Award

# Annex 6

## SACN Working groups and subgroups – declaration of interests

Member	Personal interests			Non-personal interests		Any other interests	
	Company	Nature of Interest	Company	Nature of Interest	Company	Nature of Interest	
<b>Working Group on Iron</b>							
Professor Philip Calder	Equazen	Consultancy fees	Unilever	Research funding Research funding	None	None	None
	Dairy Crest	Consultancy fees	Sciona				
	Numico	Consultancy fees					
	Bayer	Consultancy fees					
	B. Braun Melsungen	Lecture fees					
	Yakult	Lecture fee					
Pronova Biocare	Research funding						
Professor Sue Fairweather-Tait	None	N/A	Unilever Vlaardingen Coca-Cola Europe HarvestPlus IAEA GlaxoSmithKline	Research funding Research funding Research funding Research funding Research funding	None	None	None
Professor Kim Fleischer Michaelsen	None	N/A	None	N/A	None	N/A	None
Professor Sally Grantham-McGregor	None	N/A	None	N/A	None	N/A	None
Professor Joe Lunec	None	N/A	None	N/A	None	N/A	None

Member	Personal interests		Non-personal interests		Any other interests	
	Company	Nature of Interest	Company	Nature of Interest		
Professor Martin Pippard	None	N/A	None	N/A		None
Professor Mark Worwood	Nelsonbach	Advice on Spatone (single occasion)	None	N/A		None
<b>Working Group on Energy</b>						
Professor Marinos Elia	None	N/A	None	N/A		None
Professor Joe Millward	Innocent	Consultant	None	N/A		None
Professor Andrew Prentice						
Professor Chris Riddoch	None	N/A	None	N/A		None
<b>Subgroup on Child Maternal and Nutrition</b>						
Dr Robert Fraser	None	N/A	None	N/A		None

