

# Scientific Advisory Committee on Nutrition

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**Paper for Information: Government Update on Nutrition  
Related Activities - The Department of  
Health, Social Services and Public  
Safety (NI)**

**Agenda Item 11**

Please see attached paper for information.

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## Government Update on Nutrition related activities – The Department of Health, Social Services and Public Safety (NI)

### Guidelines for under fives in child care

1. The nutritional guidelines prepared to support the work of the Early Years Teams with under fives in child care have been distributed to day nurseries and play groups through a series of local training workshops. Revised guidance is being prepared for use with child minders.

### Infant Feeding Initiative

2. Results from the Infant Feeding Survey in 2000 show that 54% of mothers were breastfeeding initially (45% in 1995). At 6 weeks after the birth, 26% of mothers were still breastfeeding their babies (25% in 1995). By the time the babies were six months old, 10% were breastfed. An Implementation Group oversees the implementation of the DHSSPS Breastfeeding Strategy. A Breastfeeding Co-ordinator took up post on 4 February to promote the strategy and assist with its implementation.

### “Cook It!”

3. “*Cook It!*” is a community based nutrition education programme, which was first developed in 1995 within the context of inequalities and health and social wellbeing. The programme provides an opportunity to discuss key nutritional issues, it gives practical experience of food preparation, and the opportunity to sample the completed dishes, therefore removing the financial risk of experimenting with new dishes within restricted resources. Work is scheduled to begin later this year to develop a new pack for people with low levels of literacy.

### Decent Food for All – Tackling Food Poverty in the Community

4. The Armagh and Dungannon Health Action Zone (HAZ) has launched a 2 year community partnership project: “Decent Food for All” to address food poverty issues such as inequalities in accessing decent, healthy and affordable food for all - in particular, low income households. It is intended that this initiative, which is funded jointly by the all island Food Safety Promotion Board and the Food Standards Agency in Northern Ireland, will have a positive impact in terms of health and well being, local regeneration, community education and social inclusion.