



13TH MEETING
23 February, Conference Rooms 2 and 3, Aviation House
125 Kingsway, London, WC2B 6NH

MINUTES

Chairman Professor Alan Jackson

Members Professor Peter Aggett
Professor Sheila Bingham
Professor John Cummings
Mrs Christine Gratus
Professor Tim Key
Professor Peter Kopelman
Dr Ann Prentice
Professor Andrew Rugg-Gunn
Mrs Stella Walsh
Dr Anthony Williams
Professor Christine Williams

Government Observers Dr Naresh Chadha (Northern Ireland)
Mrs Rosemary Hignett (FSA)
Mrs Maureen Howell (Welsh Assembly)
Dr Lesley Wilkie (Scottish Executive)

Secretariat Dr Alison Tedstone (FSA)
Ms Mamta Singh (FSA)
Mr Jeff Alder (FSA)

Chair's Introduction

1. The Chair welcomed Members of the Committee to the thirteenth meeting of the Scientific Advisory Committee on Nutrition (SACN).

2. Apologies were received from Dr Anita Thomas, Professor Annie Anderson, Dr Sheela Reddy and Ms Imogen Sharp.
3. Members were invited to declare any changes in interest.

Agenda Item 1 - Minutes of Last Meeting (15 October 2004) (SACN/04/Min03)

4. Members were invited to comment on the minutes of the previous meeting (15 October 2004). No changes were made. The minutes were agreed as a correct record of the 12th meeting of SACN in October 2004.

Matters Arising Action Check List (SACN/05/01)

5. The Chair reported progress on matters arising from previous meetings and members were invited to comment.
6. SACN/04/06 - *Evaluation procedures for 'Healthy Start'*: This item was held over to the next meeting as Dr Sheela Reddy was not present to provide Members with any further information.
7. SACN/04/16 - *Terms of reference for a subgroup to take the obesity issues forward*: Members were informed that further discussion on this topic had been deferred until the work programme related to the White Paper "Choosing Health" was available and planned activities in Europe were clearer.
8. SACN/04/18 - *Advice concerning vitamin D and NICE*: It was noted that DH were taking this issue forward on a number of fronts including meetings with the Royal College of Paediatrics, the Royal College of Obstetricians and the Royal College of Midwives. Members noted the importance of co-ordinating the different activities between FSA/DH and NICE. It was agreed this should remain an item on the agenda until a clear resolution had been achieved.
9. Mrs Rosemary Hignett informed Members that contacts between the FSA and NICE are limited at present, but there are ongoing discussions with DH on the

need to develop formal working relationship with NICE at a senior level. Scottish, Welsh and Northern Ireland observers expressed their interest in being part of ongoing considerations.

Action: Secretariat

10. SACN/04/22 - *Revised Vitamin A Subgroup report to be forwarded to members:* Members were informed that the draft report had been made available for public comment on 11 January. Members had been sent a draft copy of the report and a copy of the press release. Members were informed that 8 April would be the deadline for comments from interested parties. In the light of comments received, the subgroup would consider changes to the report as necessary. The revised report would be made available to members at the meeting of SACN in either June or October 2005.
11. SACN/04/23 - *Energy group:* Members were informed that Professor Chris Riddoch has agreed to join the group. A preliminary meeting will take place on 1 March 2005 at which the terms of reference would be agreed.
12. *Further matters arising:* The Chair noted that the ANANF group had not met since the last meeting of SACN but a meeting is to be arranged for the near future.

Agenda Item 2 –Folic Acid subgroup

13. The Secretariat gave an oral report on progress. Members were informed that the Subgroup had met once since the last meeting of SACN, to discuss amendments to the report. One further meeting is planned on 5 May 2005. It is intended that the final version of the report will be made available to Members at the next meeting of SACN in June 2005.

Agenda Item 3 –Iron working group draft report (SACN05/02)

14. Professor Peter Aggett, the Chair of the Iron Working Group, introduced the draft report and presented the summary and conclusions reached by the Working Group.
15. Some of the main points highlighted in the summary included matters relating to:
- Physiological processes of iron absorption and metabolism.
 - The relationship between dietary intake and iron status, homeostatic control of iron absorption, bioavailability of dietary iron, and physiological factors (such as iron status of the host and adaptation).
 - The cut-off values for serum ferritin and haemoglobin used to define iron deficiency.
 - Consequences of iron deficiency and its coexistence with other nutritional deficiencies and associated economic variables.
 - Iron in the diet and the basis for dietary advice to maximise iron absorption from the diet.
 - Iron intakes and status of some section of the UK population.
16. Members were invited to comment on the draft report. Points discussed included:
- How to synthesise and present data from different types of studies of varying quality.
 - Need to make clear and differentiate where there is a lack of studies, a lack of evidence, or evidence for a lack of effect.
17. Members thanked the Working Group and Secretariat for their work. The intention is for the final draft of the report to be agreed at the June 2005 meeting of SACN so that it is available for public comment in the late summer. Members were requested to send any further points on the report to the Secretariat.

Action: Secretariat

Agenda Item 4 – Maternal and Child Nutrition Subgroup: draft report on “The Influence of Maternal, Fetal and Child Nutrition on the Development of Disease in Later Life” (SACN/05/03)

18. Dr Anthony Williams, the Chair of the subgroup thanked Members for comments that had been received from them on the draft report. Members were reminded that the report had been drafted by Dr Christopher Owen, a non-clinical epidemiologist, who had agreed to join the meeting for discussion of this item. Members were requested to consider the scope and content of the draft, the methodology used, and whether non-cardiovascular disease in later life should be included in the report.
19. Members thanked Dr Owen for an excellent background report which had been prepared with care and was well presented. The report provided a clear analysis of the available data. The summary conclusions were clear and made a number of important points.
20. Members agreed that although it would be useful to include other diseases such as cancer, arthritis, dementia etc, most of the data on the relationship between early nutrition exposure and disease outcomes relates to cardiovascular disease and type 2 diabetes. The evidence for other disease outcomes is likely to be less and these other areas might best be considered in separate reports, if required.
21. Members were requested to send any detailed comments to Dr Owen within the next 2 weeks.
22. Members agreed that, following Dr Owen’s final amendments, the Sub Group on Maternal and Child Nutrition should meet and discuss how the report might be completed.

Action Members and Secretariat

Agenda Item 5 –Nutrient profiling (SACN/05/04)

23. Mr Mark Browne from the *Labelling, Promotions, & Dietetic Foods Branch* of the Nutrition Division joined the meeting for this item.
24. Members' responses to the nutrient profiling consultation had been collated, for agreement, to forward to the Agency. Members were informed that an academic workshop on nutrient profiling had been organised for 25 February and that Professor Annie Anderson and Professor John Cummings would be attending as SACN representatives.
25. Members supported the need for work in this important but difficult area and were generally supportive of the approach taken. It was noted that there would be the need to evaluate and test any proposed model, in order to demonstrate its use and reliability in practice before it could be accepted for wide application. Members agreed that a SACN consultation response could not be provided at this stage as there were a number of technical issues that still needed to be carefully considered. SACN requested further opportunity to comment at later stages of the development.
26. Members were informed that this work would need to move forward before the next SACN meeting in June 2005. It was agreed that following the workshop, a separate meeting could be convened with Professor Annie Anderson, Professor John Cummings, and other Members interested in this area, to take these issues forward.

Action: Secretariat**Agenda Item 6 – Forward look and horizon scanning (SACN/05/05)**

27. The Forward Look had been amended as a result of discussions at the horizon-scanning meeting on 3/4 February 2005. Members discussed future agenda items:
 - *Nutritional health of the population* – draft to be prepared by June.

- *Obesity* - this will be dependent on the details of the delivery plan for the recent public health white paper.
 - *Agriculture and the link with Food and Health* – discussions currently taking place with ACAF, using specific considerations in relation to vitamin A as a point of departure.
 - *Nutrition profession, evaluation, training and professional standards* – agreed to form *ad hoc* group to prepare a background paper on the needs for training of health professionals to defined standards and the process leading to the development of nutrition as a specified profession.
 - *Psychosocial basis of food choice* – agreed to circulate papers, relating to the seminar on the N09 programme on Food Acceptability and Choice. Following this, Members would need to discuss how to take this issue forward.
 - *Micro and macro nutrient DRVs* – the Energy Working Group will consider the conceptual basis on which DRV should be developed and whether the evidence base has changed to justify a full or partial review of DRVs.
28. Members were informed that the Secretariat had prepared a draft paper on selenium and health so that SACN could consider whether it would provide a substantive item for future work. In a process previously agreed with the Chair, the draft paper will initially be passed to SACN Members with a special interest in the area to make a recommendation to the Committee.

29. The forward look was agreed.

Action: Secretariat

Agenda Item 7 – Government Update on Nutrition Related Activities
(SACN/05/06-10)

FSA (SACN/05/06)

30. Mrs Rosemary Hignett drew attention to three of the activities of FSA.

31. *FSA Strategic plan 2005-2010*: This was published on 7 December 2004 and the emphasis in the nutrition section was on Eating for Health. A number of targets had been agreed.
32. *National Diet and Nutrition Survey*: The Agency Board has agreed to go ahead with a core NDNS survey, subject to funding arrangements with DH being agreed. This would be a rolling programme involving a sample of 1500 subjects each year. The Board had agreed to consider the possibility for enhanced surveys in which there would be over-selection for specific population groups of particular interest or concern, such as ethnic minority groups or particular geographical groupings. This would move forward pending successful discussions with co-funders.
33. *Salt work*: The Committee were informed that the second phase of the Salt Campaign was being drawn up which would help consumers translate the salt and health message into improved food choices. The Campaign would focus on increasing awareness of the target consumption of 6g salt per day, by encouraging the public to examine labels to improve food choice. The Agency would continue to work with manufacturers to improve labelling. Members were informed that a meeting with stakeholders had been held on 21 February to discuss ways they could help with the campaign.

DH (SACN/05/07)

34. Dr Sheela Reddy was not present to provide an update of DH activities.
35. Members requested a breakdown of the fruit and vegetables available in the School Fruit and Vegetable Scheme.
36. Members requested clarification of the training programme listed under initiatives on obesity, i.e. who is being targeted and what the programme encompasses.

Action: Secretariat.

Devolved Health Departments (SACN/05/08)**Wales**

37. Mrs Maureen Howell informed the Committee of latest activities in Wales, highlighting the training initiative. FSA Wales will work together with academics from universities in Wales to develop nutrition training modules for primary care professionals which will be taught across Wales. Members welcomed this important development.

Northern Ireland

38. Dr Naresh Chadha provided an update of activities in Northern Ireland and informed Members that the development of the Food and Nutrition Strategy is continuing.

Scottish Executive

39. Dr Lesley Wilkie gave an update of activities in Scotland.

40. The Committee were informed that the Scottish Food and Health Council has now been established.

Health Development Agency (SACN/05/09)

41. The paper provided details of the HDA's transfer to NICE.

42. The Committee were informed that HDA are developing guidance on the prevention and management of obesity and are likely to ask SACN for their comments later in the year.

Health Scotland (SACN05/10)

43. The committee noted the paper.

Any Other Business

44. Members were informed that the FSA's Research and Survey Annual Report was now available on CD.

45. Members were reminded that the next meeting would be open to the public and would take place on 15 June 2005 at the FSA.

46. The Chair thanked Members for their attendance.