



**Paper for information: Government Updates on Nutrition
Related Activities
Devolved Health Departments**

Agenda Item: 7

Please see attached paper for information.

Update from the Department of Health, Social Services and Public Safety (Northern Ireland)

Food & Nutrition Strategy

- 1) The Department of Health, Social Services and Public Safety is continuing to work with other departments and key personnel in the area of food and nutrition to develop a revised strategy and action plan to tackle poor diet. It is anticipated that a draft will be issued for consultation to a wide range of interests early in the New Year. Following publication of the definitive strategy, structures will be put in place to take forward the agreed actions.
- 2) The specific actions in the revised strategy and action plan are likely to be grouped under the following headings to support the overall aim and objectives: -
 - policy development to create a supportive environment;
 - raising awareness and increasing knowledge;
 - improving skills and facilitating change; and
 - research and evaluation.

Taskforce on Obesity in Children and Young People

- 3) On 17th August 2004, the then Minister for Health, Social Services and Public Safety, Angela Smith, officially launched the taskforce on obesity in children and young people, which is known as Fit Futures: Focus on Food Activity and Young People. Fit Futures will focus on the identification and assessment of options that will assist efforts to prevent the development of obesity in children and young people and will report back to Ministerial Group on Public Health by late summer 2005.
- 4) Work to develop the local research and information baseline has been completed and was informed by a research stakeholder event, held on 16 December 2005 in Belfast, which provided an opportunity for research stakeholders to update and validate the baseline. A review of the international evidence base relating to the prevention of overweight and obesity in children and young people has been carried out and comparative research has been updated to take account of recent developments in Scotland and the White Paper on public health in England.
- 5) The local research baseline and research papers commissioned by the Fit Futures steering group are available on the Fit Futures website and can be accessed at www.investingforhealthni.gov.uk/fitfutures.asp
- 6) The stakeholder engagement progress initiated by the steering group concluded with an intersectoral stakeholder event in Lisburn on 16 March 2005. In advance of this event, reports on the views of children, young people and parents and a summary of the views, opinions and analysis offered during the first two phases of the engagement process were also published on the website. In addition,

participants were provided with a discussion paper highlighting the themes and priorities emerging from the research and engagement processes. A copy of this paper is published on the website at <http://www.investingforhealthni.gov.uk/documents/FitFuturesdiscussiondocument.pdf>

- 7) Over 100 people attended the intersectoral event, representing a wide range of sectors, organisations and professions. During the event, participants were encouraged to engage in workshops to create a vision of a Fit Future and then to identify the key actions necessary to deliver this vision. A report on the event will be circulated in the next few weeks to all those invited to participate.
- 8) Following consideration of the report from the intersectoral event and reports on other significant elements of the research and engagement processes by the Fit Futures steering group, recommendations on priorities for action will be made to the Ministerial Group on Public Health. The recommendations will inform a revised physical activity strategy and action plan and the food and nutrition strategy which is scheduled to issue for consultation in the next few months.

Other Initiatives

Physical Activity Strategy

- 9) The physical activity strategy, which was published in 1996 has been reviewed and a new strategy was published for public consultation in July 2004. The new strategy builds on the work of the previous strategy and highlights the link between diet and exercise. In the 2004/05 initiatives have a public information campaign aimed at encouraging people to go walking and a community cash grant scheme.

Fresh Fruit in Schools

- 10) As part of the implementation of *Investing for Health*, a Fresh Fruit in Schools pilot scheme was launched in October 2002. The scheme was been extended for the 04/05 academic year and now covers 101 primary schools across the 4 Health Action Zone (HAZ) areas. The scheme aims to give one piece of fresh fruit every day to 7,200 children in P1, P2 and some P3 classes. The scheme, which has just entered its third year, continues to be evaluated:
 - A final report covering all the evaluation findings from of first two years of the scheme years has been produced in early draft form and will be used to inform discussion about the future of the scheme.
 - A newsletter has been produced for distribution to parents to encourage them to provide more fresh produce at home to there children, analysis of it's impact is currently underway.
 - Analysis will also be carried out on the schools and P3 classes that the scheme has been extended to this year. New analysis will also look at the children who have now left the fresh fruit scheme.

Further information on the Fresh Fruit scheme is available at www.investingforhealthni.gov.uk/fruit.asp

Pilot Nutritional Guidelines for Schools

- 11) A pilot scheme to introduce nutritional guidelines for school meals was launched in March 2004. The scheme lasted for three school terms and involved 100 schools representing nursery, primary and post primary sectors. All school meals staff involved in the pilot scheme have been awarded the Foundation Certificate in Nutrition through the Royal Society for the Promotion of Health and have also received training in menu planning, food presentation etc.
- 12) Evaluation is ongoing and is examining any changes in attitudes to the standards among school meals' staff, details of practical issues, such as cost of school meals, preparation time required, changes in food wastage, etc. The wider school environment is also being examined, to identify existing nutrition policies and initiatives as well as those which develop as a result of the pilot scheme.

Update from the Scottish Executive Health Department

Scottish Food & Health Council

- 1) The Council held its first meeting on 17 January 2005 where its terms of reference were agreed. Members discussed the role of the Council in the overall context of food and health policy strategy in Scotland. A full list of council papers can be found on the Scottish Executive's Food & Health website section at: <http://www.scotland.gov.uk/Topics/Health/health>
- 2) The Council's next meeting will be on 23 May and will focus on food and health inequalities. Members will discuss and prioritise potential actions for inclusion in a forward action plan for 2006 – 2120. Papers from this meeting will be placed on the Scottish Executive's Food & Health website section in due course.
- 3) Further meetings for the Council have been scheduled for October and January 2006. The first of these will focus on the Scottish Diet Action Plan, specifically the evaluation of Scottish Dietary Targets for 2005 which can be analysed alongside the Scottish Health Survey which is due for publication at that time. The January meeting will be held jointly with the Scottish Physical Activity & Health Council and will concentrate on obesity.

Food & Drink Industry Meetings

- 4) As part of the Scottish Executive's Food and Health Action Plan 2004/05, the Deputy Minister for Health and Community Care led on a series of talks with the Food Industry on a variety of food related issues including: salt, fat (& saturated fat), sugar reduction; portion sizes; using the industry to stimulate demand for healthier foods; product placement; using the industry to promote the healthy living campaign and healthier options.
- 5) The formal programme has now been concluded. The Minister will however continue to meet individual members of the industry on an ad hoc basis to seek their help with health improvement in Scotland and continues to support the UK drive to improve food labelling and minimise the promotion of food to children being led by the Food Standards Agency and UK Government.

Weightwise @ Work

- 6) The Scottish Executive is supporting a month-long campaign which takes place in June this year called "Weightwise @ Work. The campaign is co-ordinated via The British Dietetic Association (BDA) and provides support, literature and opportunities for registered dietitians to visit employers and demonstrate ways in which they can support their workforce to make healthier choices.

Neighbourhood Shops

- 7) Following a successful 6 month feasibility pilot, the Minister launched phase 2 of the Neighbourhood Shops Project on 11 March 2005. Conducted in partnership with the Scottish Grocer's Federation, this phase will see the roll-out of the project to 197 grocery stores across Scotland. The SE will contribute around £200,000 with a further £289,000 provided by the industry. The aims of phase 2 are:
- Improve the supply of healthier food choices within local communities, particularly in low income areas by increasing the provision of healthier choices by local neighbourhood shops.
 - Work with a partnership of key players within the industry to explore and develop the potential of the convenience sector (c-sector) to successfully and sustainably promote healthier food choices.
 - Report on current constraints and identify opportunities to improve the supply of quality fresh produce into this sector.
 - Improve the knowledge and skills within food retailing in the c-sector to facilitate the sale of fresh produce and healthier choices.
 - Establish a template or model for all local convenience stores to develop and promote a healthier product offer.
 - Promote this work to the wider trade generating increased participation and spreading good practice.

Update from NHS Health Scotland

- 1) A National Development Officer has been appointed for the Food and Health in the Scottish Health Promoting Schools Unit.

Update on Nutrition Work in Wales

Progress by FSA Wales & Welsh Assembly Government against “Food and Well being” Milestones 2003-2005

	Milestone	Progress
1	Appropriate information on healthy eating will be made available to public focussing upon priority groups from 2003	<ul style="list-style-type: none"> • Bilingual ‘Gimme 5’ CD-Rom launched by Wales’ First Minister Rhodri Morgan in July 2003 and endorsed by world record hurdler Colin Jackson. The CD-ROM and accompanying magazine were distributed to all secondary schools in Wales on request. • Welsh version of ‘Dish it Up’ educational CD-Rom produced and distributed to Welsh Schools. • Bilingual weaning resources developed, printed and distributed. • Support materials on weaning developed in Urdu, Somali, Bengali and Arabic. • Ethnic minority pictorial weaning resource for health visitors developed based on work by National Public Health Service, Newport. • Bilingual versions of the two UNICEF Baby Friendly leaflets (one for antenatal the other postnatal use) and the DOH breastfeeding leaflet made available across Wales. • ‘Hassle Free Foods’ adopted and translated to inform community food projects across Wales. • Web based nutrition resource for Coronary Heart Disease produced based on work by Barry Heart Health and Heart’ELY. • Department of Health leaflets and postcards on 5 a Day available bilingual and distributed across Wales. • Five a Day local radio advertising campaign took place in the last two weeks of February and the first two weeks of March 2005 aimed at teenagers and young families. • Currently reviewing the findings of the ‘Food Dudes’ pilot study. The report is being peer-reviewed and subject to the outcome of considerations FSA Wales will discuss taking this initiative forward with WAG. • ‘Eating Well- a healthy eating guide for the over 60’s’ booklet has now been recorded as an audio tape/CD for the blind and partially sighted in partnership with RNIB Cymru and Care and Repair Cymru. • Resource for low-income young consumers ‘Healthy Nosh for less dosh’ has been developed in partnership with community dieticians and Hybu Cig Cymru. It includes case studies provided by individuals who have changed their eating habits for the better. Recipes give healthier alternatives to standard ready meals and takeaways, and tips on healthy eating on a budget. Resource available from May 2005 • Weekly column in Western Mail has covered various aspects of

		<p>diet e.g. healthy eating for men and older people.</p> <ul style="list-style-type: none"> • The FSA Wales Resource Trailer focuses on healthy eating (and food safety) and visits numerous schools and events across Wales.
2	Guidance on weight management will be available from 2003	<ul style="list-style-type: none"> • Scoping work on materials which health professionals do/would use with patients. • Joint BBC Wales / Assembly social action campaign with FSA input on overweight and obesity March/ April/ May 2004 entitled 'The Big Fat Problem'. • Information booklet developed to support BBC Wales / Assembly campaign 'The Big Fat Problem'. • 3 conferences looking at nutrition and physical activity for young people held in March 2004. • Food & Fitness for children and young people task group set up, chaired by Minister for Health and Social Services and Professor Tomlinson has met on five occasions. The group has produced an action plan which will be issued for consultation in July.
3	A monitoring group will be set-up in 2003 by FSA Wales to oversee the impact of the strategy, with initial key activities relating to evaluation of the strategy from 2004	<ul style="list-style-type: none"> • The implementation and monitoring working party established in June 2003 and meets at least bi-annually
4	Training, resources and guidelines for key players will be available from 2003	<ul style="list-style-type: none"> • Annual parallel multi-disciplinary workshops are held in North and South Wales aimed at providing impetus, direction and focus for driving forward the main strategy actions. • The review of the existing availability and scope of nutrition education and training for health and related professionals in Wales identified a need for improvement and greater consistency in the training currently available. Recommendations included development of public health nutrition modules, establishment of a national centre for nutrition education, and development of a nutrition network to facilitate the sharing of public health nutrition knowledge throughout Wales. • Scoping work for a national Nutrition Network for Wales carried out, consultation on this underway. • WCH have been awarded the contract to develop and run the Nutrition Network for Wales for an initial period of 2 years. The Network will be launched at the end of 2005. • Guidance on nutrition and food equality aspects of Local Health, Social Care and Well Being Strategies issued August 2003. • Media training for community dietitians across Wales conducted in Feb 2004. • Lesson plans to support FSA Wales interactive games on nutrition and food safety developed for teachers of 4-11 year olds and for

		<p>the Welsh portal of the National Grid for Learning.</p> <ul style="list-style-type: none"> • OCN course for Community food workers and volunteers, nutrition assistants and people working in groups in the community developed in partnership with Community Dieticians in Wales. Course piloted March/April/May 2005. • Two training seminars on evaluation held for Food & Fitness Health Promotion Scheme grantees. • Joint FSA Wales/ Assembly funded project to develop nutrition modules for training of primary care professionals across Wales. • 984 schools participating in the Welsh Network of Healthy School Schemes, many choosing nutrition as a key area to focus on. • Guidance issued on the inclusion of food in the school curriculum. • Guidance issued on nutritional standards for school lunches which highlights the need for the whole school approach. • Following evaluation of 'Catering for Health', a summarised version that will be web based is being developed by FSA UK. • An Eating well for later life training package for peer educators has been developed as part of the 'Keep Well this Winter' campaign. Four one-day training events have been held across Wales. Participants received training to equip them to deliver advice and information on healthy eating to groups of older people.
5	Community cooking classes will commence by 2004 together with other sustainable initiatives to improve access to a healthy diet dependent upon resources	<ul style="list-style-type: none"> • FSA Wales 'Get Cooking' second phase project piloted and evaluated. • Get Cooking 'toolkit' developed for FSA Wales by BNF to enable this course to be used 'off the shelf' and made available to communities across Wales. The toolkit will build on the materials used in the pilot and will comprise a trainers guide and various recipe cards that will be available on the FSAW website and in hard copy. The toolkit will be launched in May 2005. • National Federation of Women's Institutes in Wales have secured funding from the Welsh assembly Government to roll out 28 Get Cooking courses in 7 federation regions over the next 2 years commencing Sept 2005. • FSA UK 'Cook Well' project. • 27 projects receiving 'Food and Fitness' grants. • Inequalities in Health funds 67 projects many of which have a nutrition element. • Grant awarded to Rural Regeneration Unit to develop a minimum of 26 sustainable food co-operatives in North and South East Wales over 2 years. 31 co-ops established in the first year. • Network of Community Food projects established with quarterly newsletters and training events. The network has 1140 members and has a database of information on 60 community food projects across Wales.

		<ul style="list-style-type: none"> • Primary School Free Breakfast Initiative being introduced incrementally on a pilot basis from September 2004 to January 2007. • Installation of water coolers into all schools in Community First areas completed. • A toolkit on healthy drinks vending in schools has been produced and distributed to schools. It is available on the FSA website. • Pilot project on healthy food vending in schools completed. Guidance on healthy vending being produced. • Collaboration with leisure centres to improve catering commenced. • Conducting an evaluation of the effectiveness of 'Community Food Assistant' pilot programme being run by Powys and Ceredigion Health Promotion and NPHS which aims to train up unskilled local people to support the work of health professionals in improving uptake of a healthy diet in the community.
6	Representative, good quality national and local level data on nutritional intake and barriers to healthy eating will be collected for both adults and young people, including the identified priority groups, at least every five years, commencing in 2005	<ul style="list-style-type: none"> • Paper reviewing surveys of diet and nutrition in Wales prepared for and discussed at 2nd meeting of Implementation and Monitoring Group. • Collection of data for the Welsh Assembly Government New Welsh Health Survey in progress. It includes questions on diet. Release of first findings at all Wales level made available. • Health behaviour in School aged children survey data 2001/02 released June 2004. • Low Income Diet and Nutrition Survey commissioned with enhanced Welsh sample- fieldwork 2003-2005, due to report 2006. • 4th Wave of FSA Consumer Attitudes Survey in Wales published Feb 2004. • Commercially available consumer purchase and consumption data discussed at Feb 2004 Working Party meeting. • Research into health promotion policies in schools, including nutrition completed.
7	Initial strategy evaluation results will be available in 2006, including those relating to access and to initiatives to overcome other barriers to healthy eating	
8	A national award scheme for nutrition in the community will be in place by early 2004	<ul style="list-style-type: none"> • In November 2004 the FSA launched the AFAL awards 2005 following the success of the previous years awards. A total of 45 entries have been received. • The award schemes have allowed FSA Wales to build up a more complete picture of the community food projects in existence across Wales and to highlight and promote good practice.
9	The impact of new	<ul style="list-style-type: none"> • Schools Meals survey – final report received Autumn 2003 and

	legislation on school meal provision will be assessed by 2003	discussed with Working Party at October meeting
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