



Scientific Advisory Committee on Nutrition

16TH MEETING

19 October 2005, Aviation House, 125 Kingsway, London WC2B 6NH

Draft Minutes

Chairman

Professor Alan Jackson

Members

Professor Peter Aggett
Professor Annie Anderson
Professor Sheila Bingham
Professor John Cummings
Mrs Christine Gratus
Professor Tim Key
Professor Peter Kopelman
Dr David Mela
Dr Ann Prentice
Dr Anita Thomas
Professor Andrew Rugg-Gunn
Mrs Stella Walsh
Dr Anthony Williams
Professor Christine Williams

**Government
Observers**

Mrs Rosemary Hignett (FSA)
Dr Leslie Wilkie (Scottish Health Executive)
Mrs Maureen Howell (Welsh Assembly)

Secretariat

Dr Alison Tedstone (FSA)
Dr Sheela Reddy (DH)
Ms Emma Peacock (FSA)
Ms Lynda Harrop (FSA)

Chair's welcome and apologies

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

The Committee welcomed Dr David Mela to his first SACN meeting. He is the Committee member from industry.

2. Lynda Harrop was also welcomed by the Committee as a new member of the SACN Secretariat, replacing Jeff Alder.
3. Apologies were received from Professor Ian Macdonald and Ms Tabitha Jay (DH Observer). Members noted that Professor Ian Macdonald had recently joined the Committee.
4. Members were informed that Professor Peter Kopelman and Sheela Reddy would be arriving late.
5. Members were invited to declare any changes of interests, of which there were none.
6. The Chair informed Members that Sir John Krebs had expressed gratitude for the work SACN had done and the advice it had provided to the Agency. Members also noted the Agency Board had expressed appreciation of the quality and clarity of the advice provided for the salt campaign.

Agenda Item 1 - Minutes of previous meeting (15 June 2005) (SACN/05/Min02)

7. Members were invited to comment on the minutes of the previous meeting (15 June 2005 (SACN/05/Min02)). The minutes were agreed as a correct record of the 14th meeting of SACN in June 2005, pending correction of two typographical errors.

Matters Arising Action Check List (SACN/05/26)

8. The Chair reported progress on matters arising from previous meetings and members were invited to comment.

SACN/03/08 – Action plans and targets established by the FSA and devolved Health Departments

9. The Chair informed Members that the work was ongoing.

SACN/04/16 – *Obesity and food choice group*

10. Members noted the report ‘Delivering Health – Making Healthier Choices Easier’ had been made available to them and would be discussed by the Committee at a later stage.

SACN/04/18 – *Update on advice concerning vitamin D and NICE*

11. The NICE advice concerning vitamin D had been discussed at the most recent Child and Maternal Health SACN subgroup meeting. Members were made aware of two issues:
- The Chief Medical Officer had recently confirmed in CMO Update 42 (2005) the current relevance of COMA’s advice about vitamin D supplements during pregnancy and breastfeeding.
 - NICE had recently held a stakeholder meeting as part of a consultation on the scope of proposed maternal and child nutrition guidelines. Items raised included vitamin D supplements. This would be discussed at the next Child and Maternal Nutrition subgroup meeting in November.
12. Members questioned the progress in this area and requested that at the next Committee meeting, the Child and Maternal Nutrition subgroup provide a commentary, as a specific agenda item.

Action: Secretariat

SACN/04/24 – *Information on openness of other FSA committees required and influence of FOI Act*

13. See Agenda item 4.

SACN/05/05 – *Agriculture and the link with Food and Health*

14. Members noted that a workshop for SACN, ACAF and external experts to look at the wider area of fats had been postponed because of a lack of staff resources.
15. Members agreed that the issue was important and should remain on the Agenda.
16. Members discussed the backward linkages to agriculture and their importance for the food supply and achieving health. It was agreed that in order to inform discussions and to clarify the major matters of importance for the Committee, it would be useful to have a background paper on this area.
17. The Secretariat agreed to draft a paper for discussion, which would then be circulated to the Committee for comments. Members suggested that a one day meeting could be organised in the New Year to discuss this topic.

Action: Secretariat

SACN/05/07 – Clarification of the training programme listed under initiatives on obesity

18. Sheela Reddy not present at meeting to report.

SACN/05/11 – Folate report to be updated to take into account Members comments

19. See Agenda item 3.

SACN/05/13 – Nutritional Health of the Population report to be updated after Committee discussion

20. See Agenda Item 5

SACN/05/14 – Further analysis on NDNS survey 19-64 years. Committee to agree report by correspondence

21. See agenda item 6.

SACN/05/15 – Vitamin A report to be published

22. Members noted that the Vitamin A report had been published.

SACN/05/16 – Selenium paper to be amended with Members' comments and made publicly available

23. Members were informed that the SACN website was currently being reorganised and once this was finalised the selenium paper would be made available on the website.

24. Members requested the selenium paper be circulated to the Committee before it is made publicly available.

Action: Secretariat

SACN/05/17 – FSA to circulate draft school meal standards consultation

25. See agenda item 9.

Agenda Item 2 - Nutrient profiling meeting (SACN/05/27)

26. The Secretariat introduced the paper, detailing that it was a summary of a conference call held between SACN members to discuss the Nutrient Profiling Model, which 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.

27. The Committee discussed the paper and requested a number of points to be included, principally:

- Details of those who were involved in the conference call and those who provided written comments.
- A better sense of the balance of opinions during the discussions.

28. Members noted that total sugars had been chosen rather than non-milk extrinsic sugars (NMES), as there were analytical issues associated with NMES.
29. Members were made aware that Professor Alan Jackson had attended the Agency's Board meeting, where the model had been discussed.
30. Members discussed several points of the model and noted that it would be reviewed in 2006, when it could be adjusted further.
31. Members suggested that the Secretariat make some changes to the paper, which should then be passed to the Chair for agreement.

Action: Secretariat

Agenda Item 3 - Folate and disease prevention (SACN/05/28)

32. The Chair of the Subgroup presented the draft report which had been updated since the Committee's last meeting in June, taking into account Members' comments.
33. Members discussed the report, suggested some changes and additions to the text and agreed the conclusions and recommendations.
34. It was noted that the draft report would be published as soon as possible for stakeholder comment.
35. Members requested that any changes made to the paper be highlighted using track changes to make them easier to identify.
36. Members noted that a spring meeting of the subgroup would be organised to discuss stakeholders' comments in response to the draft report. It was agreed that an earlier meeting of the full Committee might be needed to agree the report.

Action: Secretariat**Agenda Item 4 - Committee openness and FOI act (SACN/05/29)**

37. The Secretariat presented the paper and invited Members to consider expanding the Committee's openness by increasing the number of open meetings a year from one to three. It was noted that currently the Committee holds three main meetings a year, one of which is open to the public.
38. Members agreed that the Committee also achieves openness by publishing minutes, original draft reports and putting out its draft reports for consultation.
39. Members discussed the advantages and disadvantages of moving to more open meetings. It was agreed that the matter would be kept under review.

Action: Members**Agenda Item 5: National Diet and Nutrition Survey: The nutritional health of the population (SACN/05/30)**

40. The Secretariat presented the draft report, informing Members that it had had been updated since the Committee meeting in June, taking into account Members' comments. Members were made aware of the specific changes that had been made to the report.
41. Members noted that comments had already been forwarded to the Secretariat on the section on blood lipids and this section was currently being redrafted.
42. The Committee discussed the report and requested a number of additional points be included, principally:
- A short section highlighting implications for policy, with a statement at the front which identified the main implications of the analysis for the health of the public.

- Clarification of the extent to which the consumption of statins by participants during the survey period might have influenced that data on blood lipids, and its interpretation.
- Clearer identification of those results, both those that were statistically significant and those that were statistically non-significant, of direct relevance to achieving health.
- Appropriate articulation of the issue of underreporting and its relevance for the interpretation of the data.

Action: Secretariat

43. Members were informed that publication of the paper is planned for next year.

Agenda Item – 6: National Diet and Nutrition Survey: adults 19-64 years further analysis (SACN/05/31)

44. The Secretariat presented the draft report, informing Members that it had been updated since the Committee meeting in June, taking into account Members' comments. Members were made aware of the specific changes that had been made to the report.

45. The Committee discussed the report and requested a number of additional points be included, principally:

- Commentary on all of the results with specific emphasis on the significant results.
- Clarification on the use of the term “status”.
- Inclusion of a statement clarifying where the data were either raw or standardised.
- Inclusion of a summary of the “Balance of good health”.
- Investigate the use of colour printing to improve the clarity of some of the figures.
- Inclusion of a statement on weight gain and obesity in the Recommendations.

- Rephrase the paragraph on milk to include milk alternatives.
- Ensure all figures were on the same scale, where appropriate.
- Consider excluding potatoes from the fruit and vegetables analysis.

Action: Secretariat

46. Members requested a synthesis paper be drafted, that would bring together the two NDNS papers for publication and allow the findings to be viewed in the context of current public health activities. It was agreed the synthesis paper would be circulated to Members and agreed at the February meeting.

Action: Secretariat

47. The Committee agreed both the NDNS papers were excellent and thanked the Secretariat for their work.

Agenda Item 7: National Diet and Nutrition Survey: Rolling Programme (SACN/05/32)

48. The Secretariat introduced the paper, which sets out proposals for Committee involvement in the NDNS Rolling programme.

49. Members noted that following discussions at the Committee's Horizon Scanning meeting earlier this year, a SACN Subgroup had now been set up to provide advice on the rolling programme, initially during the tendering process and the development work of the pilot study.

50. Members noted that four Members had been invited and agreed to join the Subgroup – Professor Sheila Bingham, Professor Tim Key, Dr Anthony Williams and Professor Annie Anderson.

Agenda item – 8: Working group and subgroup updates

Child and Maternal Nutrition

51. The Chair of the Child and Maternal Nutrition Subgroup gave a brief update on the progress of the Subgroup, informing Members they had held a meeting on the 2nd August 2005 and their next meeting was planned for November.

52. Members noted there had been two changes to the Subgroup, Dr Robert Fraser had joined the group and Professor David Stone would be attending as Scottish observer.

53. Members noted three main issues:

- The Subgroup has reviewed the MRC systematic review “Defining optimal infant growth for lifetime health: a systematic review of lay and scientific literature”.
- The Subgroup continues to work on its own report about the early life origins of adult disease. It has been agreed that the epidemiology data need to be set in a historical context and complemented by experimental human and animal data.
- The 2005 quinquennial infant feeding survey has been completed.

Energy

54. The Chair of the Energy working group informed Members they had met twice and the next meeting was scheduled for December. The working group had discussed and developed its terms of reference and early discussions had focused on the predictive equations used to determine estimates of energy requirements. The working group had also started to discuss a conceptual framework for the report, which would be developed over the next few meetings.

Folate

55. Previously discussed in agenda item 3.

Iron

56. The Chair of the working group informed Members that the report was currently being refined. A full subgroup meeting was scheduled for December and it is planned for the report to be presented to the Committee at the February meeting.

Vitamin A

57. Members noted that the vitamin A report had now been published and all Members should have received a copy.

Novel Foods

58. Members were informed that the Committee had been asked to have a joint group with ACNFP and terms of reference existed for the group, but there had been a delay in the work.

59. Members noted that Dr Anthony Williams was also contributing to a European Food Safety Authority self-tasking Working Group of the GMO Panel on "*The Safety and Nutritional Evaluation of whole/GM foods/feed*". The group is expected to report by the end of 2006.

Agenda item 9 - Government update on nutrition related activities**FSA (SACN/05/33)**

60. Mrs Rosemary Hignett for FSA highlighted the particular areas in the paper that would be of interest to the Members.

61. Members queried whether discussions with industry should move away from generic terms of "fat and sugar" and should focus on energy, saturated fat and *trans*-unsaturated fat. Rosemary Hignett explained that it had been made clear in discussions with industry that the Agency was interested in the type of fat and that

policies were aimed at reducing saturated fat intakes, whilst taking care not to increase intakes of trans unsaturated fats.

62. In relation to paragraph 16 of the report, which referred to further fieldwork to look at salt intake, Members questioned whether there should be an additional questionnaire to monitor how people had changed their diet. Rosemary Hignett informed Members that the Agency was not intending to ask any further questions and this could be monitored separately, for instance by tracking salt in products and observing peoples' behaviour from the NDNS.

DH (SACN/05/34)

63. Dr Sheela Reddy for DH presented the paper, explaining that a cross-government obesity board had been set up to deliver PSA targets and that its first meeting was held three weeks ago. As an interim measure until NICE guidelines are published, DH is producing a package for the use of PCTs that includes an Obesity Care Pathway for health professionals and a patient information leaflet. This will be complemented by an Obesity Toolkit being developed by the Faculty of Public Health and the National Heart Forum.

64. Members welcomed the obesity campaign, but raised concerns about the ability of the work to be prosecuted effectively at local level, and the difficulty in maintaining continuity of effort and impact during the restructuring of primary care trusts.

Devolved Health Departments (SACN/05/35)

Scottish Executive

65. Dr Lesley Wilkie introduced the paper, informing Members that Health Scotland would be presenting a paper in a future SACN meeting.

66. Members queried the process of monitoring the effectiveness of the work and the conclusion that the NDNS alone would not be sufficient. Leslie Wilkie assured Members that FSA Scotland would be looking at a number of ways of monitoring effectiveness and were considering enhanced sampling to ensure Scottish consumers were better represented within the NDNS.

67. Members noted that work was ongoing on meeting the Scottish diet action plan and work on the physical activity strategy.

Wales

68. Members noted that Wales is moving to the second phase of Health Challenge Wales. This paper outlines the action plan on food and fitness for young people.

Northern Ireland

69. Members noted the report.

NICE (SACN/05/36)

70. Members welcomed and thanked Dr Tricia Younger for attending the meeting to present an update on the activities of NICE.

71. Members noted that from 1st April functions of HDA have moved to NICE and that NICE covers three broad centres: drugs, clinical guidance and public health guidance.

72. Members were informed that the obesity guidance was ongoing with the first consultation in March 2006. The physical activity guidance will be published in March 2006.

DEFRA (SACN/05/37)

73. Members welcomed and thanked Peter Purvis for attending the meeting to present an update on the activities of DEFRA.

74. Members requested information on what DEFRA were doing to promote home grown fruit and vegetables.

Action: DEFRA

75. Members requested further information on the current activities surrounding sugar production.

Action: DH and DEFRA

76. Members were informed that there were regular senior level meetings and working level meetings between the FSA and DEFRA to discuss issues.

EFSA (SACN/05/38)

77. Members noted the report.

AOB

78. The Chair informed Members it was Professor Andrew Rugg Gunn's last SACN meeting, as he was retiring from the Committee. Professor Andrew Rugg Gunn was thanked for his involvement in the Committee and the advice he had offered over the last five years.

Report of the school meal revision panel (SACN/05/39)

79. Louis Levy (for FSA) introduced the paper, highlighting areas that would be of interest to the Committee. Members were informed that consultation responses to the report were due by the 31st December 2005.

80. Members noted that the topic of children's packed lunches was not included in the report, and were informed that the FSA currently had a research call out on packed lunches.

81. Members agreed to send comments on this report to the Secretariat in the next few weeks. Comments would then be collated and discussed at the Child and Maternal Nutrition subgroup meeting in November.

82. The Secretariat would inform Members who had left the meeting early.

Action: Members and Secretariat

Issues raised by the Advisory Committee on Novel Foods and Processes (ACNFP) (SACN/05/40)

83. Dr Anthony Williams, SACN's cross-Committee representative on ACNFP introduced the paper. He described three novel carbohydrates recently submitted for approval and appraised members of associated claims. They raise questions about the public health implications of introducing increasing numbers of such products into the diet.

84. Members discussed the paper, questioning whether the current advice on carbohydrates was up to date and whether it warranted a review. It was acknowledged that this could be a substantial task and there was the need to consider carefully the scope and terms of reference of any work in this area. It was agreed that this should be considered at a future meeting.

Action: Members

COT/COM/COC Annual Report 2004

85. Members noted the report.

Other AOB

86. The Chair provided an update on the Royal Society workshop on which he had attended, where SACN/COT work on fish had been discussed.

87. Members were reminded that the next meeting would take place on 22 February 2006 at Aviation House.

88. The Chair thanked Members for their attendance and closed the meeting.