



Scientific Advisory Committee on Nutrition

## 18<sup>TH</sup> MEETING

28 June 2006, 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 Paul Haggarty  
Professor Ian Macdonald  
Mrs Stella Walsh  
Dr Anthony Williams  
Professor Christine Williams

#### Government

#### Observers and other attendees

Mrs Rosemary Hignett (FSA)  
Noel Griffin (FSA)  
Dr Lesley Wilkie (Scottish Executive)  
Dr Damien Martin (Department of Health, Social Services and Public Safety)  
Ms Rachel Stratton (FSA)  
Mrs Gillian Swan (FSA)  
Mrs Melanie Farron-Wilson (FSA)

#### Secretariat

Dr Sheela Reddy (DH)  
Dr Alison Tedstone (FSA)  
Ms Mamta Singh (FSA)  
Ms Saadia Noorani (FSA)  
Ms Lynda Harrop (FSA)  
Mr Matthew Lynch (FSA)

#### Closed session

#### Chair's introduction

1. The Chair welcomed members to the closed session of the eighteenth meeting of the Scientific Advisory Committee on Nutrition (SACN). The purpose of the closed session was to consider the revisions to the folic acid report since the meeting on 5 June.

**Agenda Item 1 - Minutes of additional main Committee meeting (5 June 2006)  
(SACN/06/Min/02)**

2. Members were invited to comment on the minutes of the meeting on 5 June 2006 (SACN/06/Min/02).
3. The minutes were agreed as a correct record of the additional meeting of SACN in June 2006, pending one minor typographical amendment.

**Agenda item 2 - Revised 'Folic Acid and Prevention of Disease' report  
(SACN/06/15)**

4. The Chair informed Members that the draft folate report had been revised following the additional meeting on 5 June, which had been convened specifically to discuss the draft report.
5. Members were invited to consider the report section by section. A number of amendments were agreed.
6. It was agreed to circulate the amended *Overall summary and conclusions* and *Recommendations* to Members for their agreement.
7. Members were reminded that the Committee on Carcinogenicity (COC) would be considering the evidence regarding folic acid and cancer risk on 13 July. Any further amendments to the report following the COC meeting would need to be agreed by correspondence.

**Open session****Chair's welcome and apologies**

8. The Chair welcomed interested parties who had joined the meeting for the open session.
9. Apologies were received from Maureen Howell and Anita Thomas.

**Agenda item 3 – Minutes of meeting on March 2006 (24 March 2006)  
(SACN/06/Min/01)**

10. Members were invited to comment on the minutes of the meeting on 24 March 2006 (SACN/06/Min01).
11. The Secretariat had agreed to reflect on a SACN statement on GDA's. An update would be provided at the next meeting.

**Action: Secretariat**

12. The minutes were agreed as a correct record of the 17<sup>th</sup> meeting of SACN in March 2006, subject to a suggestion to move some of the information in paragraph 56 to a later relevant paragraph.

**Action: Secretariat**

**Matters Arising Action Check List (SACN/06/14)**

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

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

14. Secretariat to progress this paper and to begin trawling for a meeting date in 2007.

**Action: Secretariat**

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

15. The Secretariat confirmed that the final revised version would be circulated to Members before it is published.

**Action: Secretariat**

SACN/05/30 – *Nutritional health of the population report*

16. An update on this paper would be presented under agenda item 4.

SACN/05/31 – *Further analysis on National Diet and Nutrition Survey (NDNS) 19-64 years*

17. An update on this paper would be presented under agenda item 4.

SACN/05/40 – *Review of data on carbohydrates*

18. Members were asked to consider membership for this group. Terms of Reference and a discussion paper would be presented at the meeting in October 2006.

**Action: Secretariat**

SACN/06/04 – *Vitamin D paper*

19. The Secretariat would be presenting a paper on this subject at the meeting in October.

**Action: Secretariat**

SACN/06/10 – *Scottish Executive update on research and health department updates*

20. This information would be provided as part of agenda item 6.

SACN/06/11 – *Update on Nutrition and Health Claims legislation*

21. An update on this legislation would be provided as part of agenda item 6.

SACN/06/12 – *DEFRA report on nutrition related research*

22. This information would be provided as part of agenda item 6.

**Agenda item 4 – NDNS update (SACN/06/16, SACN/06/17, SACN/06/18)**

*SACN/06/16*

23. The Chair welcomed Gillian Swan and Melanie Farron-Wilson to the meeting.

24. Gillian Swan for FSA introduced the NDNS paper on the Nutritional Health of the Population (SACN/06/16) for agreement. Members were informed that the paper had been revised to take account of members' comments from the October 2005 meeting.

25. The Chair invited Members to comment on the paper.

26. Members discussed the paper and requested the following amendments:

- Clarification on terminology. It was agreed to add text on how macronutrients and micronutrients were evaluated.
- Further explanation was requested about the variance of data.
- Underreporting was discussed and text amendments suggested. In particular, it was suggested that the appropriateness of energy adjustment in relation to under-and over-reporting should be covered in the report, as this may be relevant to the nutrient covariences observed.
- Data on meat consumption to be compared with the recommendations in the COMA report on *Nutritional Aspects of Development of Cancer*.
- Inclusion of alcohol as an energy source.
- Adults showed a reduction in lipids irrespective of those taking medications to reduce their cholesterol such as statins. It was agreed to highlight this in the report.
- HDL levels have decreased in the younger population (<50 years), it was noted that this is often linked to insulin resistance and obesity. It was also

noted that the younger groups are showing a lower HDL with a lower fat intake.

- Inclusion of figure 5 which was missing in the paper.
- Inclusion of data on ethnicity. It was noted that data were not available for ethnicity.

27. It was noted that substantial changes were still needed before the paper could be agreed by Members

**Action: Secretariat**

*SACN/06/17*

28. Melanie Farron-Wilson for FSA introduced the NDNS paper of the further analysis of 19-64 year olds (SACN/06/17) and highlighted the changes to the paper following Members' comments at the June and October meetings.

29. The Chair invited Members to comment on the paper.

30. Members discussed the paper and the following amendments were agreed :

- Clarification of figures.
- Clarification on the term 'healthy balanced diet'.

**Action: Secretariat**

*SACN/06/18*

31. The Secretariat presented a synthesis paper, which brought together key findings from both papers (SACN06/016 and SACN/06/17).

32. The Chair invited general comments from Members and asked Members to send specific comments to the Secretariat for re-drafting.

33. The following points were raised:

- Clarification was requested for the purpose of these papers. The Chair informed Members that the papers were to be presented as SACN papers for policy makers and others with an interest in this area.
- It was suggested to contextualize the report with more information on health.
- Young people were not meeting the fruit and vegetable recommendation; it was requested that this information should highlight the implications for risk of disease.
- Further clarification was requested for the recommendations given under the section of the nutritional health of the population. It was agreed to include further information on the background to recommendations.
- It was agreed the text should distinguish between Lower Reference Nutrient Intakes (LRNI) and Reference Nutrient Intake (RNI).
- The paper refers to the whole population however not all subgroups of the population are included in the NDNS.
- Presentation of section (i) The Nutritional Health of the Population.
- The need to highlight socio-economic status in relation to the persisting inequalities in health.

34. It was agreed to circulate the amended synthesis paper to Members.

**Action: Secretariat**

35. The Chair thanked Gillian Swan and Melanie Farron-Wilson for their work on the papers.

#### **Agenda item 5 – Working group and subgroup updates**

Child and Maternal Nutrition (SMCN)

36. The Chair of the subgroup highlighted the following topics, which were discussed at the meeting on 11th May:

- Members' comments on a draft report on early nutrition and development of disease in later life have been incorporated and this paper will be discussed again at the next SMCN meeting on 11<sup>th</sup> September.
- The vitamin D review paper will be revised following the SMCN meeting and presented to the main Committee in October 2006.
- Members' comments on the OFCOM consultation have been collated and sent to OFCOM as the SACN response. This can be viewed on the OFCOM website. Members suggested it would be useful for these to also be posted on the SACN website.

**Action: Secretariat**

- WHO growth standards for children aged 0-5 years were also discussed. DH requested SACN and the Royal College of Paediatrics and Child Health (RCPCH) to advise on their validity and applicability to UK. A joint group of SACN and meeting of SMCN and RCPCH will be set up to consider the issue. It is expected that the group will report by the end of this year.

**Energy**

37. The Chair gave an update of the 3 April energy meeting, where a range of technical and other considerations were discussed. A report is expected next year and three meetings are currently scheduled for September 2006, December 2006 and April 2007.
38. Members noted a recent article in the press on energy requirements and confirmed that the issues raised in the article would be covered by the energy Working Group.

**Folate**

39. The Chair gave a summary of the discussion that had taken place during the closed session. It was confirmed that there had been some progress on the report. Issues relating to modelling the effect of folic acid intake on the population had

been discussed, along with the conclusions and recommendations, which were not expected to be significantly altered.

40. The revised report would be circulated to the Committee and was expected to be agreed by correspondence.

**Action: Secretariat**

### **Iron**

41. The iron report will be progressed once the folate report is complete. The Sub-Committee would have sight of the report before it was put before the main Committee. Due to the delay in the work on this report, there were concerns that relevant recent data be captured in the report and it was agreed that this would be checked.

**Action: Secretariat**

### **Approaches to the Nutritional Assessment of Novel Foods (ANANF)**

42. It was noted that this group, which met twice in 2004, would be reactivated and a meeting is scheduled for 3 November 2006. It is considered that the business of this Working Group would be concluded at this meeting.

### **Agenda item 6 – Government update on nutrition related activities**

#### **FSA (SACN/06/08)**

43. Mrs Rosemary Hignett for FSA highlighted areas in the paper that would be of interest to the Members, in particular phase three of the salt public awareness campaign, which would be launched in the spring 2007. A short version of the TV ad used in phase two would be run over the summer 2006 as a reminder.

44. The Agency has now agreed its response to the OFCOM consultation on the promotion of foods to children, concluding that the three options presented would not impact sufficiently on children. Instead a 9pm restriction on advertising was

supported. The response will be available on the FSA website ([www.food.gov.uk](http://www.food.gov.uk)).

45. Members requested clarification on the FSA position on GDAs and on the criteria for sugar in relation to signpost labelling and how the Agency plans to proceed. Members requested the opportunity to comment on this.

46. It was agreed that the Agency would provide an update on the current FSA position on GDAs and on sugar criteria for signpost labelling at the next meeting.

#### **Nutrition and Health claims update (SACN/06/20)**

47. Mr Noel Griffin from the FSA gave Members an update on the progress on this piece of legislation, which has now reached a second reading deal with the European Council and Parliament. It was confirmed that the UK had succeeded in protecting the continued charity endorsement of products.

48. The process for determining the list of established claims has not yet been confirmed and Members requested an opportunity to comment on this. It was agreed that the FSA would update the Committee at a later meeting.

**Action: Secretariat**

#### **DH (SACN/06/21)**

49. Dr Reddy for DH presented the paper, asking Members to note in particular the recent key activities relating to obesity and promotion of foods to children.

#### **Devolved Health Departments (SACN/06/22)**

##### **Scottish Executive**

50. Lesley Wilkie for the Scottish executive presented the paper, highlighting that there are many initiatives that are not promulgated across all health departments,

particularly in relation to public health promotion. There was a need to consider some issues on a UK wide level and suggestions from Members were requested.

**Action: Members**

51. A possible item for the horizon scanning agenda on how the percentage of total funding associated with nutrition related activities compared with total funding for health research was suggested.

**Action: Scottish Executive**

### **Wales**

52. Members noted the report.

### **Northern Ireland**

53. Damien Martin for the Department of Health, Social Services and Public Safety presented the paper, highlighting the task force on obesity. Northern Ireland have been carrying out nutrition surveillance and trying to link this in with work going on at UK level. Research is being funded by a number of different departments.

### **EFSA (SACN/06/23)**

54. Members noted the report.

### **DEFRA (SACN/06/24)**

55. Members noted the report.

### **AOB**

### **Horizon Scanning meeting 2007**

56. The Chair requested that Members send thoughts for horizon scanning agenda to the Secretariat.

**Action: Members**

**Discussion paper on the setting of maximum and minimum amounts for vitamins and minerals in foodstuffs (SACN/06/25)**

57. The Secretariat presented this Commission paper and confirmed that the FSA Board would like SACN's views as part of the FSA response. A possible meeting to discuss this paper further may be scheduled over the summer. A CD-ROM with a compilation of upper limits would be circulated to Members.

**Action: Secretariat**

**Q&A**

58. Louise Allen for the Food and Drink Federation requested confirmation that SACN would continue to work closely with FSA officials on all SACN business, particularly the energy requirement discussions. The Chair confirmed that this would continue to occur.

59. Members were reminded that the next meeting would take place on 11<sup>th</sup> October 2006 at Aviation House.

60. The Chair thanked Members and interested parties for their attendance and closed the meeting.