



**Paper for information: Government Updates on Nutrition
Related Activities
FSA**

Agenda Item: 6

Please see attached paper for information.

National Diet and Nutrition Survey

- 1) Fieldwork for the first year of the NDNS rolling programme is on schedule to begin in April 2008 with a run-in period starting in February to test procedures. Ethical approval has been given for the first year of the survey. The survey will cover a UK representative sample of 1000 people per year (adults and children aged 1½ years upwards) with sample boosts in Scotland and Northern Ireland for the first two years. First results are expected at the end of 2009.
- 2) The components of the NDNS include:
 - Face to face interview collecting background information on dietary habits, socio-demographic status and lifestyle.
 - Four-day unweighed diary to provide detailed, quantitative information on foods consumed and nutrient intake
 - Physical measurements: height (infant length under 2 years); demispan (65 years +) weight; waist and hip circumference (11 years +); mid upper arm circumference (up to 15 years).
 - Blood pressure (4 years and over)
 - Fasting blood sample for biochemical indices of nutritional status.
 - 24-hour urine collection to estimate salt intake (age 4 years and over)
 - Physical activity: questionnaire; Actigraph measurements for 7 days in children aged 4-10 years
 - Assessment of energy expenditure by doubly labelled water in a sub-sample

Low Income Diet and Nutrition Survey

- 3) The FSA held a workshop on 5 November with a number of stakeholders to look at the LIDNS report and what its findings mean for FSA and our stakeholders. FSA are currently working to identify the key themes emerging from the workshop and consider how these might best be taken forward.

Salt Work

- 4) The Agency is committed to reducing salt intakes and has agreed, in line with SACN recommendations, a long-term aim to achieve the average salt intake of 6g for adults by 2010.

Review of salt targets

- 5) The Agency has committed to reviewing its salt reduction targets in 2008 and this process began with a stakeholder meeting on 20 December 2007. The review process was outlined and initial data on progress was presented.
- 6) A programme has been set for sector specific meetings in January and February 2008 to discuss the targets for each food type in more detail. In determining whether targets can be reduced the Agency will consider current levels in food in the UK and abroad, the experience that industry has had to date, any remaining technological barriers, independent advice, any food safety concerns and

consumer acceptance. Revised targets will be issued for full public consultation in the summer and the final targets published by the end of 2008.

Monitoring progress

- 7) Industry progress is being monitored by information obtained through the Agency's processed food databank, market information and data submitted by industry under the self-reporting scheme. The first set of data is currently being analysed and will be used to inform the review of the targets.
- 8) Fieldwork for the new survey of salt intake in adults began in January following a delay in obtaining ethical approval for the study. Salt intake will be assessed in a UK representative sample of 600 adults aged 19-64 years, using the 24-hour urinary sodium methodology. Results are now expected in June 2008.

International work

- 9) The European Commission has set up a High Level Group (HLG) to examine successful activity to improve diets that can be replicated across Member States. The HLG has agreed that salt should be its first priority, and member state's officials are meeting in January to progress work ahead of the HLG's next meeting in April.
- 10) The UK is leading a Network of countries from the European region of the World Health Organisation who are interested in salt reduction. This Salt Action Network forms part of the implementation strategies for the WHO European Action Plan for Food and Nutrition Policy 2007-2012. The first meeting of the Network will be held in March 2008.

Research

- 11) The Agency has now commissioned Nottingham University and Campden and Chorleywood to undertake research into the effect of salt reduction on the physical and chemical properties of bread. Further work on yeast strains and their tolerance to salt reduction is currently being considered.

Addressing saturated fat and energy in the nation's diet

- 12) The Agency's Strategic Plan to 2010 includes an objective to work with health departments to reduce saturated fat intakes from 13.4% to 11% of food energy by 2010 (for everyone from age 5 upwards). In support of wider initiatives on obesity, the Agency is also committed to developing and implementing a programme for calorie intakes, which contributes to achieving a balance between calorie intake and energy output, by end 2008.
- 13) The Agency consulted on its draft programme to help reduce saturated fat levels in the population's diet and address the current calorie in/energy out imbalance in March 2007. Over 80 substantive responses were received from a wide range of interested parties. The comments have been evaluated and a summary with an outline of the next steps for this initiative were published recently, along with the

results of new qualitative consumer research that was commissioned to inform the Agency's plans for consumer awareness measures on saturated fat.

Engaging children with food and lifestyle messages

14) The Agency has commissioned 3T Productions to produce an updated version of the 'Dish it Up' CD ROM for 11-12 year olds. 3T Productions will work with the British Nutrition Foundation to explore the needs of young people and teachers. The aim is to supply an interactive curriculum focussed tool that engages and helps young people to make healthier food choices within the context of their everyday life. The development work commences in September and the developed tool is expected in April 2008.

New research under the Food Choice Inequalities (N14) Programme

15) The Agency has commissioned the University of Newcastle to conduct a study entitled "Implementing healthier menus in residential care homes for older people: evaluation of barriers, facilitators and the impact on dietary intake." Four care homes for the elderly will be studied on a rolling basis. Qualitative methods will be used to explore perceived barriers and facilitators to implementing healthier menus. Lessons learned from each home will inform the approach in the next so that a strategy to overcome barriers is tested. Residents' diets will be assessed before and after implementation of new menus. The project is due to report in January 2011.

New research under the Diet and Cardiovascular Health (N02) and Nutrient Status and Function (N05) programmes

16) The Agency has recently put out a call for research under its N02 and N05 programmes, for research in the following areas:

- The effects of substituting saturated fat with dietary n-6 polyunsaturated or monounsaturated fatty acids on vascular function.
- Trans fat intake and status in the UK population in relation to the risk of developing coronary heart disease, cancers, diabetes and obesity.
- Markers of dietary exposure, status and function for micronutrients/macronutrients to use in national nutrition surveys.
- The role of food and/or nutrients in protecting against cognitive decline and impairment in the elderly.

School Meals

17) The Agency and the National Governors Association in collaboration with other Government departments, published revised guidance to school governors on school food issues in October 2007. The Agency have commissioned an independent evaluation of the guidance.

School Caterers Qualifications

18) Work continues on developing the School Caterers Qualifications and the next steps are to evaluate the Level 1 award (providing a healthier school meals

service) and the level 2 award (prepare, cook and finish healthier dishes). qualification training materials to reflect the new school meal standards. FSA and DCSF have commissioned People 1st (Sector Skills Agency for hospitality and catering sector) to develop level 3 NVQ units on menu development, as part of the Support Work in Schools qualification (SWiS).

Cooking and Food Skills!

19) The roll out of What's Cooking? – Community and school food clubs has now been extended to include the East Midlands region. The guide which provides advice on how to set up a food club is being revised to reflect case studies from the North East roll-out.

20) Following a successful lottery bid by SFT, the Agency continues to provide advice as they develop their Let's Get Cooking programme

Food Competences for children and young people

21) The responses from the consultation on food competences and consensus framework were published on 19 December 2007 on the Agency's website.

22) The framework covers four themes of diet and health; consumer awareness; cooking (food handling and preparation); and food safety and provides building blocks for progressive learning on the essential food skills and knowledge that children and young people need by the ages of 7-9, 11-12, 14 and 16+.

23) The food competences framework will be promoted through a UK-wide network of existing practitioners, already working through schemes such as the FSA What's Cooking Programme, the Cooking Bus, Healthy Schools Programmes and other cooking club programmes. The FSA will also be encouraging other relevant organisations to adopt the framework.

Agency's Core School Principles

24) Developed by the Cross Agency School group, an agreed set of core principles was also published on the website on 19 December 2007.

25) The Agency will look to embed these core principles in all its future schools work across the UK. This approach aims to:-

- ensure a joined up approach across the UK and policy areas;
- provide consistent information to schools sector across the UK;
- establish a brand for Agency schools activity which fits in with local priorities and is identifiable by schools.

26) The FSA's core principles and food competences framework can be found on the Agency's website at:-

<http://www.food.gov.uk/news/newsarchive/2007/dec/competency>

Packed Lunch Menus

- 26) The Agency has recently published the baseline report from research into preparing healthier packed lunches for primary aged school children. <http://www.food.gov.uk/science/research/researchinfo/nutritionresearch/foodchoice/n14programme/n14projilist/n14005/n14005r>

Institutions

- 27) Nutrient and food based guidance and example menus for adults aged 19-75yrs and the reissued guidance to those serving food to older people in residential care were published in October 2007.
<http://www.food.gov.uk/healthiereating/nutritioncommunity/pubinstguide>
Publication of further menus to reflect prison catering are planned for later in the year.

Good Life leaflet

- 28) A new FSA leaflet, 'The Good Life', which contains practical healthy eating advice to help the over-50s improve their diets, as part of a healthy lifestyle, has been published. The leaflet can be ordered from the Agency's mailhouse or viewed at the following link:
<http://www.food.gov.uk/multimedia/pdfs/publication/goodlife1007.pdf>

Update on Signpost Labelling

- 29) The Agency published issue 2 of the technical guidance for signpost labelling in November 2007, which includes criteria for breakfast cereals and incorporates a modification to the sugars red (high) criterion. The guidance can be found at the following link:
<http://www.food.gov.uk/foodlabelling/signposting/technicalguide/>
- 30) The work to develop suitable criteria for breakfast cereals led to a recommendation that the sugars red (high) criterion be based on added sugars. This is in line with COMA dietary recommendations. To ensure the consistency and clarity of the approach it was also recommended that this approach be applied to all the recommended signposting categories. This change was introduced with immediate effect in the case of newly traffic light labelled products, and in the case of existing products with traffic light labels, when the labels are next re-printed.
- 31) Research to independently assess the impact of front-of-pack signpost labelling schemes that are in use on consumer behaviour is in the final stages of being commissioned. Further details of this work can be found at the following link:
<http://www.food.gov.uk/foodlabelling/signposting/signpostevaluation/>

Promotion of foods to children

- 32) Work is proceeding to review the impact of the nutrient profiling (NP) model after a year of use, carried out by an independent Review Panel (including Annie

Andersen to represent SACN). The Panel is currently considering issues on the NP model raised by interested parties during a six week submission period, and raised directly with the Panel at a stakeholder meeting in October '07. At its next meeting (January '08), the Panel will agree on issues to be taken forward for discussion at an academic workshop which will take place on 28th February. Following further Panel meetings, a full 12-week public consultation and consideration by SACN, the Panel will make their final recommendations to the Agency's Board in early 2009. Further details, including the Review Remit, timeline and membership of the Review Panel, can be found at:

www.food.gov.uk/news/newsarchive/2007/may/nutprofilereview

33) An update on nutrient profiling will be brought to the June SACN meeting.

Recasting of the current European Legislation on Infant Formula and Follow-on Formula

34) The Agency finalised the Infant Formula and Follow-on formula Regulations in the light of stakeholder responses to the consultation exercise and they have been published on OPSI website. MS(PH) announced implementation arrangements on 21 November (Regulations, plus flexibility on infant formula advertising, plus robust guidance) and committed to an independently chaired review to assess the effect of the package of measures after one year.

35) The Agency is currently consulting with all stakeholders on the draft guidance notes to accompany the new Infant Formula and Follow-on Formula Regulations. The guidance notes will help stakeholders to interpret the new Regulations and will be finalised by end of February 2008. Arrangements for the independently Chaired review will be agreed and published in March 2008 and will include stakeholder participation in the process.

36) The infant and dietetic foods association (IDFA) is challenging the transitional provisions of these Regulations. On 11 January the Court granted an immediate stay of the Regulations pending an expedited hearing. Separate JR proceedings are proceeding in Scotland and N Ireland. The expedited hearing is expected to be in February. The date has not yet been set.

Cabinet Office Strategy Unit report on food and food policy in the UK

37) The Agency is working with the Strategy Unit, DH and DEFRA on this cross-government project (for full update see update).

Update FSA Wales**Food and Well Being Review**

37) Both the Executive Summary and full final copy of the Food and Well Being Mid-term evaluation report are now available on the Agency website.

38) The 2007-08 Award for Food Action Locally (AFAL) awards have received 48 nominations and judging takes place on 17th January 2008. The winners and runners-up are expected to have their prizes presented in person during the spring.

Healthy Options Award

39) An evaluation of the pilot has been commissioned, with results expected to be reported in January 2008. The findings of the evaluation will inform any revision of materials and the assessment process, including adjustments to the 3 banding criteria for the bronze, silver and gold level awards. It will also inform the need for training for local authority staff and contribute to the marketing strategy for the award. The award will be launched from April 2008.

Update FSA Northern Ireland

Older people

- 40) A peer training programme for older people has been developed. The aim is to provide information and resources to deliver a one hour nutrition workshop to their peer group in a community setting.
- 41) Resources developed are based on the eatwell plate and are in the form of a Bingo game supported with nutrition information in an Eating Well and Older People manual and 9 fact sheets of food issues.
- 42) Two people from across Northern Ireland attended a one day training course piloting the resources and final adjustments are currently being made to the Bingo game following suggestions from the training.
- 43) The Bingo Game will be distributed early in 2008 and follow-up evaluation will take place later in the year.

Homeless

- 44) Following on from the launch of the FSANI report on Homeless People in July 2007, and subsequent discussions with the SIMON Community Hostels in Northern Ireland, an Open College Network Level One accredited Certificate in Nutrition, Hygiene and Food Skills course has been developed and piloted with two hostels to date.
- 45) The course is marketed under the title Grubs Up! and runs for five sessions of approximately two hours. Topics covered include nutrition, food hygiene, meal planning and cooking skills. The course materials, developed by the FSANI, include lesson plans, tutor notes and resources including a cookery book.
- 46) Each participant is required to complete the five sessions and a portfolio of evidence for submission for assessment for the OCN qualification. It is possible to complete the course without submitting for the OCN qualification.

Eatwell Calendar 2008

- 47) Following on from the success of the 2006 and 2007 calendars produced for the over 60's in Northern Ireland, this year the FSANI calendar information has been expanded to target a wider audience providing healthy eating tips for all the family.
- 48) Each month has a different theme including shopping tips, cooking skills and food safety and incorporates tips and hints and recipes. 60,000 calendars have been produced and a copy can be downloaded from the FSA website www.food.gov.uk/multimedia/pdfs/publication/eatwell2008.pdf

49) A copy of the FSA traffic light labelling scheme booklet has also been inserted with the calendars for distribution.

Screen Savers

50) FSANI is currently working with a design company developing 40 nutrition and food hygiene messages in a screen saver format for use on university computers as a start up screen messaging service to target students, particularly 18 – 24 year olds.

Update FSA Scotland

Secondary Analysis of Existing Data

- 51) Two research projects have been commissioned by FSAS to review progress made towards the Scottish Dietary Targets using data from both the Expenditure and Foods Survey (EFS) and the Scottish Health Survey.
- 52) One project, which began in March 2007, is using an already established and robust methodology to examine food and nutrient intakes from the EFS (2001-2007) and comparing this with dietary targets. The results include estimates of free food which have now been incorporated into the EFS datasheets by Defra. In addition differences in diet, food groups and nutrients by quintile of socioeconomic group and area of residence are being examined.
- 53) The other project which began in April 2007 is carrying out secondary analysis of the Scottish Health Survey 2003 and the EFS 2001-2004. The aim is to derive and interpret dietary patterns within the current Scottish Diet using Principal Component Analysis (PCA) and a Diet Quality Index (DQI), from both the SHS 2003 (individuals) and the EFS 2001-2004 (households). The association between dietary patterns and levels of deprivation, lifestyle behaviours and health outcomes are being assessed using appropriate multivariate analysis techniques. Results are expected by April 2008.

Intake of Non Milk Extrinsic Sugars (NMES) by Scottish School Children

- 54) A nationwide survey of non-milk extrinsic sugars (NMES) intake in Scottish schoolchildren began in December 2005 with the aim of providing information on the intake of NMES in relation to the Scottish Dietary targets. The report encompasses results on the intake of foods and selected nutrients, physical activity, overweight and obesity and dental health. The final report has been peer reviewed and is in the final stages of preparation before publication in Spring 2008.

Food Access

- 55) This research project, unrelated to the Scottish Dietary Targets, provides a retail map of the availability and price of healthy food across Scotland using a combination of GIS mapping and a newly developed Healthy Indicator Shopping Basket Tool for Scotland. The project outputs include a national assessment of retail mapping across Scotland and a more detailed survey of availability and price of healthy food items using case study sites. The final report will be published on the Agency website on February 5th 2008. The results will be presented at a Food and Health Alliance Conference on the same day.

Selenium

56) Following the publication of Agency's research requirement document (RRD 24), research proposals were submitted to investigate the Selenium Content of Scottish Soil and Food Products (S14R0029). Following the appraisal panel meeting a preferred contractor has been appointed and the contract is currently under negotiation. The project is due to start in February 2008.

School Food

57) FSAS continues to be involved in work relating to nutritional standards for schools in Scotland

58) The Minister for Children and Early Years has considered proposals from the Expert Working Group and has decided on [nutritional requirements](#) for Scottish schools. These regulations are being written into legislation and will apply from August 2008, subject to parliamentary approval.

59) FSAS has also provided significant input, as part of a sub-group set up by the Scottish Government, into the development of a guidance document to assist those involved in providing foods and drinks in schools to implement the nutritional requirements. The draft document is due to be circulated as part of a targeted consultation shortly.

Hospital Food

60) FSAS has been part of a small reference group set up by the Scottish Government including hospital caterers, dietitians and representatives from NHS Facilities Scotland to produce National Catering and Nutrition Specifications for Food and Fluid in Hospitals to support Scottish NHS Boards in implementing the NHS QIS Clinical standards for Food, Fluid, and Nutritional Care. As part of a targeted consultation, the draft document has been circulated widely to those who have a role in planning, preparing, and delivering meals in hospitals.

FSA Scotland – Teachers Panel

61) FSAS facilitated a pilot Teachers Panel on 18th January 2008. The Panel consisted of 10 key professionals representing Scottish schools and educational establishments. They reviewed resources developed for schools by FSAS to ensure that: they match the FSA Food Competencies; they are compatible with current learning and teaching practices; they link to the Scottish curriculum and are targeted at the appropriate age group. A report will be produced and the results will be considered for future Panels.

Food hygiene, healthy eating & fitness initiative in Primary schools

- 62)The above project has developed from two successful FSA Scotland pilots in collaboration with Aberdeen Football Club and Active Schools in Aberdeen City and Aberdeenshire during 2006 – early 2007. The pilot projects adopted the concept of using a colourful 'Mission Book' of classroom activities, combined with positive role models to make children more aware of the benefits of food hygiene, healthy eating and keeping fit.
- 63)In addition, with the collaboration of the Scottish Football Association and Scottish Rugby the project has now been rolled out across Scotland. FSAS are well on the way to meeting our target of engaging with 7000 Primary 4 to 6 pupils during this academic year. Discussions are taking place looking at the continuation of this project during 2008/2009.

Signposting Campaign

- 64)As part of the FSA signposting campaign FSAS are undertaking a number of activities in Scotland as detailed. FSAS have issued signposting leaflets to health promotion teams within local authorities for distribution to the wider public.. In order to further increase public awareness and to reach the wider community, FSA Scotland is organising roadshows in two major shopping centres, Glasgow and Inverness. Staff will distribute signposting leaflets and discuss with members of the public the merits of using the traffic light scheme. FSA Scotland will also advertise the campaign at two of the 6 Nations Rugby Games to be held at Murrayfield: Scotland v France on Sun 3 Feb 2008, Scotland v England on Sat 8 March 2008. The advert will be transmitted on electronic boards, along the full length of the pitch, for 5mins per game (10 x 30secs during play time). Both matches will be shown live on BBC TV peak viewing – with potential re-runs of the game.