



**Paper for Information: Update on Activities  
related to Maternal and Child  
Nutrition**

**Agenda Item: 7**

Please see attached paper for information.

## **Update on Activities related to Maternal and Child Nutrition**

### **Department of Health**

#### **Ministerial changes**

- Dawn Primarolo was appointed the Minister of State for Public Health in July 2007 and is the ministerial lead for the Cross Government Obesity Programme and Nutrition. Dawn joins the Department of Health from HM Treasury where she was Paymaster General.

#### **Healthy Start**

- Healthy Start was extended across the UK on 27 November 2006 and Healthy Start branded vitamin supplements for women and children on the scheme have been available for PCTs to order and distribute since early 2007.
- Now that the scheme has been in place for over 6 months we can start to understand take-up and usage of vouchers (retailers have 6 months to claim reimbursement). We are working to improve the management information that is available under the scheme and there is a potential for a much richer understanding than was possible under the Welfare Food Scheme. A small qualitative study in Devon and Cornwall looked at why a few women/families eligible for the scheme did not apply but the study found no clear themes.
- We have been promoting Healthy Start vitamins to beneficiaries and we understand from anecdotal evidence that there has been an increase in people asking for vitamins. Later in the year we will be undertaking a fuller analysis of vitamin take-up.

#### **National Child Measurement Programme**

- The National Child Measurement Programme team held a series of workshops in July 2007 to consult with PCT and school staff on what went well in the 2006-07 programme and where improvements are still needed. Changes to the programme for 2007-08 were also discussed.
- The workshops were a success and well-received by participants. Their feedback will be used to inform further guidance for PCTs and guidance for schools for the 2007-08 academic year. This will be available in September 2007. An additional series of workshops is planned for early 2008.

#### **National School Pedometer Programme**

- Dawn Primarolo has announced the 250 schools in deprived areas across the country who will be taking part in the National School Pedometer Programme 'Schools on the Move' from this month. As part of the programme, children at schools across England will be given pedometers as part of a £494,000 project to motivate inactive children to become fitter.

- Between September 2007 and March 2008, the Department of Health will distribute 45,000 pedometers to schools to encourage children to become more active and help reduce levels of obesity. Youth Sport Trust (YST) are managing the project on a day-to-day basis, and British Heart Foundation National Centre for Physical Activity & Health have developed the curriculum resources for the project.
- All schools will have access to online resources that can be used inside and outside the classroom. Children will be able to chart their pedometer progress by logging onto a dedicated website that will help them set step targets and understand what impact being active has on their health.
- Most children said the pilot increased their interest in physical activity and half said they had become more active as a result. While the pilot proved particularly effective at encouraging less active children to do more exercise, it did appeal to children of all fitness levels.
- In the national programme, pedometers will be used in schools as a tool to support a wide range of curriculum topics and to increase awareness among pupils of the need to be active. Teachers will be trained in how to use the programme within the curriculum. (The target, daily average step counts recommended for children 6 – 12 years are 12,000 for girls and 15,000 for boys – Schools on the Move website. This compares with 10,000 steps for adults.) Local authorities have been targeted on the basis of free school meals and deprivation.

### **National Healthy Schools Programme – Physical Activity**

- Since 2005, all schools participating in the National Healthy Schools programme are required to meet criteria for physical activity. Over 91% of schools are now participating in the programme and 48% of all schools have met all the criteria for achieving Healthy Schools status.
- The physical activity criteria are:
  - Provides clear leadership and management to develop and monitor its physical activity policy.
  - Has a whole school physical activity policy – developed through wide consultation, implemented, monitored and evaluated for impact.
  - Ensures a minimum 2 hours of structured physical activity each week to all of its pupils in or outside the school curriculum.
  - Provides opportunities for all pupils to participate in a broad range of extra curricular activities that promote physical activity.
  - Consults with pupils about the physical activity opportunities offered by the school, identifies barriers to participation and seeks to remove them
  - Involves Schools Sport Coordinators (where available) and other community resources in provision of activities.
  - Encourages pupils, parents/ carers and staff to walk or cycle to school under safe conditions, utilising the school travel plan – where it exists.
  - Gives parents/carers the opportunity to be involved in the planning and delivery of physical activity opportunities and helps them to understand the benefits of physical activity for themselves and their children.

- Ensures that there is appropriate training provided for those involved in providing physical activities.
- Encourages all staff to undertake physical activity.

### **Bikeability**

- Bikeability, the new national standard for cycling, has been developed by Cycling England and its partners and has been rolled out across the country from Spring 2007. Its aim is that by 2009 half of all year six pupils in England, up to 300,000 pupils, will be trained by qualified instructors to get their Bikeability badge.
- Cycling England's ambition is that, within five years, no child should leave primary school without the chance to receive Bikeability training.

## Update from Food Standards Agency (FSA)

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

- The Agency is consulting with all stakeholders, including SACN, on new draft Infant Formula and Follow on Formula (England) Regulations, which will implement European Commission Directive 2006/141/EC (<http://www.food.gov.uk/consultations/consulteng/2007/formulaengland2007>). The new Regulations will revoke and replace, in England, the existing Infant Formula and Follow on Formula Regulations 1995. The Agency will consider stakeholders responses to the consultation in relation to the new Regulations. Stakeholders will be notified should any amendments be made to the draft Regulations before they are finalised. The Regulations will be subject to Ministerial approval and should come into force on 1 January 2008.
- In the Autumn, the Agency will also publicly consult 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.

## Update from the Welsh Assembly

### Infants

#### **Breastfeeding Welcome Scheme**

- 70 premises are now participating in the Scheme. Local authorities are being encouraged to sign up their premises: libraries, leisure and community centres. First round of annual monitoring in September.

#### **Baby Friendly Initiative**

- In Wales, 12 out of our 13 NHS Trusts are now participating in BFI ie.20 out of 26 Maternity Units. The remaining Trust is comprised of 6 small rural maternity units. Currently Wales has 9 Full Awards, 8 Certificates of Commitment and 3 Registrations of Intent in Maternity Services. Community Services have one Stage 1 Award and 3 Certificates. Subsidised places are being provided by the Welsh Assembly Government for Welsh delegates to attend the BFI Conference in October in Belfast.

#### **Breastfeeding Peer Support Grant Scheme**

- A sample of 8 schemes are being evaluated in Autumn 2007, with a view to assessing the effectiveness of the Scheme.

#### **Data Collection Pilot Scheme**

- Breastfeeding data collection proposals have been drawn up for collection at birth, 7 days, 10 days, 6 weeks, 6 months, 1 year and 2 years. A pilot scheme has been funded by the Welsh Assembly Government to test these new requirements in terms of definitions and systems before making arrangements for an all-Wales approach. The pilot involves Health Visiting and Child health team staff. Babies born in Caerphilly LHB during one month will have the new data recorded for them in a new breastfeeding screen set up by Health Solutions Wales. Data will be recorded for them at the 10-14 day visit and at the 6 week medical. Collecting data at 6 months will also be tested.

#### **All Wales Infant Feeding Guidelines**

- These Guidelines are being distributed during Summer 2007 to health professionals in Wales.
- It is envisaged that local Trusts and LHB areas will work jointly to deliver a training package to present the guidelines through their key professionals groups and monitor their use.

**Progress report on the implementation of the Healthy Eating Aspects of Food and Fitness - Promoting Healthy Eating and Physical Activity for Children and Young People: 5 Year Implementation Plan June 2006 – June 2007**

Contributions to this agenda have been made by various Welsh Assembly Government Departments and external partners, including the Food Standards Agency Wales (FSA), and the National Public Health Service (NPHS), reflecting the plan's cross cutting remit. In line with the statement in the Implementation Plan all actions are evidence-based or innovative with evaluation built in as part of the programme.

**Action in Schools**

**Action 1: Extend the Welsh Network of Healthy School Schemes (WNHSS)**

- Additional funding has been provided to health and education services to support the target for 75% of LEA – maintained schools to be involved in WNHSS by March 2008 and all by March 2010;
- Over 1400 (76%) schools are actively involved in local healthy school schemes – an increase of 200 schools since the launch of the plan, and achieving the 2008 target a year early;
- Training has been delivered to Healthy Schools Co-ordinators on the Scottish *Growing Through Adolescence* materials which examines the link between nutrition and emotional wellbeing, including body image and eating disorders;
- Grants have been provided to local healthy schools schemes to support food and fitness projects in schools, including playground markings, bike racks, fruit tuck shops, school gardens, water coolers, healthy vending and staff training;
- Food Standards Agency Wales / Welsh Assembly Government *Fruit Tuck Shop Guidance* has been reprinted and over 800 schools involved in WNHSS are currently running fruit tuck shops;
- *Think Water*, guidance on the benefit of water consumption has been updated and distributed to all schools. Approximately 900 schools in the WNHSS currently have at least one water cooler provided for use by pupils;
- *Think Healthy Vending*, guidance on introducing healthier vending has been distributed to all secondary schools and catering contractors in Wales;
- The case study book, *In Perspective Food and Fitness*, was published in July 2006. It is being distributed to schools via local healthy school co-ordinators; A second copy will be issued with guidance from the Qualifications and Curriculum group on food and fitness in the school curriculum;
- The guidance document, *Developing a Whole School Food and Fitness Policy* was published in March 2007. It is available via local healthy schools co-ordinators and on the web. It is envisaged that schools will develop food & fitness policies as they consider food & fitness activities as part of their healthy school work; and their local healthy school scheme co-ordinators will guide schools through this process.

**Action 2: Improve the food and drink consumed throughout the school day**

- The Primary School Free Breakfast Initiative has been extended. All primary schools have now been offered the opportunity. Some 50% of the primary schools in Wales have now signed up to this initiative;
- Appetite for Life, the report from the Food in Schools Working Group which aims to improve the quality and nutritional standards of all food and drink served in schools was consulted on June to October 2006. An action plan for implementation is being drafted;
- Meetings have been held with a variety of food and drink manufacturers regarding meeting the nutrient and food based standards set out in Appetite for Life;
- Nutritional analysis software has been procured for all school catering providers;
- An Appetite for Life co-ordinator has been appointed based at the WLGA;
- The publication *Healthier Lunchboxes, Healthier Children* was sent to all primary schools for distribution to parents/carers;
- A booklet of ideas for schools in order for them to do work in their school on healthy lunchboxes has been developed and is currently in the print process;
- Lunchbox guidance including menus has been made available on the FSA website.

### **Action 3: Provide high quality PE, health related exercise and practical cookery skills**

- Between January and March 2007 a consultation was held on proposals for a revised school curriculum to be implemented from September 2008. These proposals strengthened considerably the place of food education in the school curriculum in Wales;
- A Cooking Bus for Wales is visiting primary schools delivering cooking lessons for pupils, a training session for teachers and a cookery session for parents of young children at each location;
- FSA Wales have provided a number of teaching resources to schools across Wales, including a mobile educational resource trailer that attends school events across Wales to reinforce and build on key healthy eating and food safety messages;
- A cooking competition has been piloted as part of the Urdd curriculum;
- The Class Moves! resource has been modified for special schools, and is currently being designed for trialling.

### **Action in the community**

### **Action 4: Provide an environment in communities that will encourage children and young people to access opportunities for physical activity and healthier foods**

- Support was provided for Breastfeeding Awareness Week in May 2007;
- A Breastfeeding Welcome Scheme in Wales was launched in May 2006. The scheme is open to local businesses that provide food or drink, hairdressers, shops, libraries and museums, community centres and health centres, in fact anywhere open to the general public. There are 40 participating premises across Wales and interest is growing;

- A pilot scheme is underway to look at ways of introducing or increasing healthy food options within leisure centres. Eight local authorities have been awarded grants and the pilots are being evaluated;
- A Food in Hospital Task and Finish Group, chaired by the Chief Nursing Officer for Wales, was established to produce a report on the provision of food in hospitals for patients, staff and visitors. Its objectives are to scope current promising practice across Wales; to link in with wider UK practice; to map existing practice with current guidance and to provide advice on the way forward. Examples of promising practice included those on children's wards. A pilot healthy vending project is taking place in the Children's hospital in Cardiff;
- The second round of the Food and Fitness grant scheme was launched in April 2006 and will run for two years to 2008. It aims to provide financial support for community projects that encourage more active lifestyles and/or healthier eating within priority groups which include children and young people;
- Wales Centre for Health provided a leaflet on obesity with supportive information to parents of 7 to 11 year olds in June 2006.

#### **Action 5: Develop skills in the community to enable children and young people to take part in physical activity and prepare healthier foods**

- Support materials for infant feeding have been made available in relation to breast feeding, safe bottle feeding and first foods;
- The Pregnancy Book and Birth to Five publications continue to be updated regularly and made available to all new parents;
- National infant feeding guidelines for health professionals have been developed;
- A Breastfeeding Peer Support Grant Scheme has been launched and 22 local Schemes awarded funding to provide training and other support to mothers across Wales, with particular focus on the youngest mothers;
- FSA Wales provided an online toolkit for establishing and running a Get Cooking course;
- The National Federation of Women's Institute, Wales was funded from 2005 – 2007 to run gardening clubs in schools, and also FSA Wales Get Cooking courses to teach young people basic food preparation skills and ways of obtaining a varied, healthy diet on a low budget;
- Big Lottery Fund has launched its Way of Life programme. £7 million is available to fund community based projects working with families to promote a joined up approach to healthy eating and physical activity;
- A review of obesity referral schemes completed, demonstrating the need for a scheme in Wales targeting children and young people based on programmes that are already in place, have been evaluated and meet NICE guidance;
- Establishment of a pilot community based obesity referral scheme for children and young people.

#### **Action on Training**

#### **Action 6: Develop and deliver training on food and fitness for those working with children and young people**

- 5229 newly qualified sports coaches and 3770 sports leaders;
- Subsidised places were provided for Baby Friendly Initiative courses and workshops in Wales, to support and promote breastfeeding. Support was also provided to enable an increased attendance from Wales at the 2006 UNICEF UK Baby Friendly Conference held in Cardiff;
- Baby Friendly Initiative awards in Wales currently stands at 9 Full Awards, 8 Certificates of Commitment and 3 Registrations of Intent in Maternity Services, and one Stage 1 Award and 3 Certificates in Community Services;
- In partnership with Community Dietitians in Wales, Open College Network accredited course for community food and nutrition skills have been developed at level one and level two. Courses are being delivered by dietitians across Wales;
- Grants are being provided to NHS Trusts across Wales to increase dietetic capacity in the community through utilising dietitian's expertise to train and develop community workers and / or peer educators, volunteers working with children and young people in the community on food and nutrition skills.
- Grant funding of £1.8 million has been made available to Local Educational Authorities in Wales to provide training to school catering staff in healthy eating and practical cookery skills;
- A grant has been awarded to ContinYou to provide training and support for the development of cooking clubs for children and young people to enable schools and other organisations to develop a strategic and co-ordinated approach to delivering and promoting cooking skills;
- Initial discussions have been held with the sector skills councils for health, sport and leisure with the aim of developing a workforce development plan to support the implementation of the plan.

### **Action on Evaluation and Dissemination**

#### **Action 7: Ensure that actions are evidence based or innovative with evaluation and that findings are shared**

- Research Bulletin on Schools and Young People issue two, which provided literature summaries on nutrition, obesity and physical activity, was published in June 2006;
- A review of WNHSS has been commissioned, to be completed by March 2008;
- An evaluation of the use of guidance on packed lunches has been commissioned, to be completed by April 2008;
- Data were collected in 2006 as part of the ongoing Health Behaviour in School-aged Children (HBSC) Study and work is ongoing into an international report which will contain comparative data for 41 countries across Europe and North America;
- Data collection for the evaluation of the Primary School Free Breakfast Initiative is now complete, papers on the methods used have been published in scientific journals and a final report is due by the autumn;
- The evaluation report on the first round of the Food and Fitness grant scheme has been received. An evaluation of the second round of the Food and Fitness grant scheme has been commissioned;

- An evaluation of the Cooking Bus in Wales is being commissioned. The first stage will be a process/feasibility study, with the option of extending to a trial.
- An evaluation of healthy eating provision in leisure centres has been commissioned, to be completed by March 2008;
- Food choices research, jointly commissioned by the Welsh Assembly Government and FSA Wales, regarding school meals has been published on the Welsh Assembly Government website;
- Wales participated in the UK-wide infant feeding survey. The final report was published in May 2007;
- Enhanced children's section incorporated into the Welsh Health Survey, including the measurement of height/weight;
- The NPHS has been commissioned to carry out a pilot children's height weight data collection in two LHB areas;
- Health Challenge Wales evidence for policy seminars organised through the Public Health Improvement Research Network (PHIRN), included sessions on the obesogenic environment and physical activity;
- FSA Wales commissioned a baseline study of food education provision in the school curriculum in Wales.

## **Update from the Scottish Executive Public Health and Wellbeing Directorate**

### **Food and Health Delivery Plan**

- In view of the recent review of the Scottish Diet Action Plan, wider evidence and discussion by the Food and Health Council, Health Ministers have agreed that the Scottish Executive Public Health and Wellbeing Directorate will develop a Food and Health Delivery Plan to signal where the Health Department, NHS and key partners will focus efforts over the next 3 to 4 years. This will take account of the new administration in Scotland and their priorities on food and health.
- Although proposals have yet to be approved by the Health Minister, it is likely that the plan will include an emphasis on improving maternal and infant nutrition, integrating the current work to develop an Infant Feeding Strategy.
- A report of the consultation exercise in response to 'Infant Feeding Strategy for Scotland' was published on the Scottish Executive website in May 2007.

### **Breastfeeding**

- Breastfeeding is considered as the optimal way of embedding good health in infants and fostering positive eating behaviours for the future. However, this needs to be viewed in the wider context of eating behaviours throughout life.
- Activity around breastfeeding and wider infant-feeding issues is not new but there has been a real and sustained campaign of activity over the past decade in particular. A wide range of innovative projects and activities have taken place largely supported by NHS Board Breastfeeding Strategy Groups and reflecting increasing co-operation between clinicians, health promotion experts, local authorities and voluntary organisations. For example:
  - In 1996 only one NHS Board had a breastfeeding strategy, in 2007 most boards have or are working towards a breastfeeding strategy
  - In 1993 there were 4 breastfeeding support groups - there are over 100 in 2007.
  - In 1994 there was only one peer support programme, increasing to over 14 by 2007.
  - Over 58% of Scottish babies are now born in a UNICEFUK Baby Friendly Initiative accredited hospital.
  - The University of Paisley Midwifery Directorate has become the first teaching department to receive a UNICEF Baby Friendly award.

### **Schools (Health Promotion and Nutrition) (Scotland) Act 2007**

- The Schools (Health Promotion and Nutrition) (Scotland) Act 2007 that was passed unanimously by the Scottish Parliament in March 2007 now has guidance to develop the food and drinks standards to ensure that all food and drink provided in schools complies with nutritional requirements (to be specified in the regulations by the Scottish Ministers)
- With regards to commencement, the power to provide pupils with snacks commenced as of 10 August 2007, the duties in relation to health promotion will commence on 3 January 2008 and the duties in relation to food and drink in schools and sustainable development guidance will commence in August 2008.

### **Free School Meals Pilot**

- As part of the Scottish Executive's drive to improve the nation's health and encourage good eating habits from a young age, we will be conducting a free school lunches trial for P1-P3 pupils in 5 local authorities, between October 2007 and March 2008. The 5 participating authorities are East Ayrshire Council, Fife Council, Glasgow City Council, Scottish Borders Council and West Dunbartonshire Council. The specific objectives of the trial are to:
  - Assess process and practical issues for councils and schools;
  - Measure changes in uptake of school lunches by P1-P3 pupils;
  - Investigate the potential health and other benefits of the trial, including attitudes and behaviours in relation to school lunches and healthy eating; and
  - Identify any unexpected impacts and barriers to roll out across the country.

## **Update from the Department of Health, Social Services and Public Safety (Northern Ireland) Maternal and Child Nutrition**

### **Fit Futures – Focus on Food, Activity and Young People**

- The Fit Futures taskforce was established by the Ministerial Group on Public Health (MGPH) in response to increasing concerns about the health implications of rising levels of overweight and obesity in children and young people in Northern Ireland. The role of the taskforce was to examine options for preventing overweight and obesity in children and young people and to make recommendations to MGPH on Priorities for Action. The membership of the taskforce is attached at Annex A for your information.
- The taskforce was also given the role of undertaking an extensive engagement/consultation process with stakeholders to stimulate action to tackle overweight and obesity in children and young people. This included direct engagement with a range of health and education professional, community/voluntary group, and children & young people and their Parents.
- The final report of the Fit Futures taskforce to MGPH was published in March 2006. The report includes a detailed analysis of the nature of the problem, with levels of overweight and obesity among five year olds in Northern Ireland being reported as having increased from around 16.5% in 1997 to almost 23% in 2003/2004 and significant inequalities emerging in relation to nutrition and physical activity. The report also contains a detailed review of the evidence base for preventing overweight and obesity and for improving childhood nutrition and increasing levels of physical activity in children. Based on this review the taskforce report identified a number of priority approaches and made over 70 recommendations in relation to six priority areas:
  - Joined-Up Healthy Public Policy;
  - Providing Real Choice;
  - Supporting Healthy Early Years;
  - Creating Healthy Schools;
  - Encouraging the Development of Healthy Communities; and
  - Building the Evidence Base.
- At the time of the reports publication the Health Minister gave a commitment to producing a response to the report, including a cross-departmental implementation plan. This response has since been developed and the implementation plan, which is available online at <http://www.dhsspsni.gov.uk/showconsultations?txtid=22125>, was issued for consultation on 01 February 2007.
- This implementation plan seeks to clarify Government's long-term commitment to this agenda and in particular the commitment of Department of Health, Social Services, and Public Safety, the Department of Education and the Department of

Culture, Arts and Leisure, to work together to deliver on our joint Public Service Agreement commitment to stop the rise in levels of obesity in children by 2010.

- There has been a very positive response to the work of the Fit Futures Taskforce by Government Departments. The implementation plan therefore outlines some of the major policies and programmes that have been already established or amended as a result of Fit Futures recommendations. These include:
  - The Department of Education, in conjunction with the Education and Library Boards, has supported the implementation of New Nutritional Standards for School Meals in September 2005 with an investment of almost £3 million. The Department of Education has also just concluded a consultation on the standards that should be applied to all food provided in schools, including through vending machines.
  - Under the Extended Schools element of the Children and Young People funding package £10m is available each year in the period 2006-2008 for allocation to schools in disadvantaged areas. The focus of Extended Schools will include healthy lifestyles and tackling childhood obesity.
  - As part of the Sport in Our Community Programme, the Sports Council for Northern Ireland is making a major investment to encourage more children to develop the basic physical movement skills required to facilitate sustained involvement in sport and a healthy and active lifestyle.
  - Health and Social Services Boards and Investing for Health Partnerships have developed joint plans to help tackle the rising levels of obesity in children and young people.
  - School Development Regulations now require all schools to consider the arrangements for promoting the health and well-being of their staff and pupils as part of the school development planning process. The guidance on the regulations makes specific reference to the need to consider the issue of food in schools when reviewing arrangements to support health and well-being.
- The consultation period on the Fit Futures Implementation plan closed on 16 March 2007, the implementation plan is now being reviewed in light of the responses with a view to publishing the final plan shortly. Further information on Fit Futures can be found at: <http://www.investingforhealthni.gov.uk/fitfutures.asp>.
- Consideration is currently being given to how Fit Futures can be extended to the adult population.

### **Nutrition Matters**

- In October 2005, the Health Promotion Agency, with the support of local community dietitians, published updated guidance on feeding children under 5 in childcare settings. The new guidance aims to assist childminders and childcare staff to support the children in their care to eat a healthy balanced diet and to encourage children to develop healthy eating habits. "Nutrition Matters" includes nutrition advice, meal ideas and suggestions to encourage "fussy eaters" to try healthy options. A training programme, based on the guidance in Nutrition

Matters, will be delivered during 2006 to childminders and staff working in childcare and early years settings.

### **Food in Schools**

- Food in Schools Dietitian / Nutritionist Job description has been agreed and post is to be advertised soon. This post will support the implementation of the joint Department of Education (DE) / DHSSPS Foods in Schools policy and contribute to DE's Nutritional Standards for School Meals policy. In addition, work is continuing in conjunction with Department of Education and HPA to develop the policy document on Food in Schools and food-based nutritional standards.

### **Decent Food for All**

- Progress is being made on the development of Armagh and Dungannon Health Action Zone's 'Decent Food for All' Toolkit. This toolkit supports the development of basic nutrition and cooking skills among people on low incomes.

### **Diet and Nutrition Information**

- National Diet and Nutrition Survey (NDNS) – data from the NDNS on food consumption and nutritional information is critical to underpinning a wide range of FSA's work to protect consumer safety and promote healthy diets. The information will also be used by the DHSSPS Information and Analysis Branch to address recommendations in Fit Futures.