

A FITTER FUTURE FOR ALL

**Framework for Preventing and
Addressing Overweight and Obesity in
Northern Ireland**

2012-2022

**Progress Report
2012-2014**



Department of
**Health, Social Services
and Public Safety**

www.dhsspsni.gov.uk

A FITTER FUTURE FOR ALL: PROGRESS REPORT 2012-2014

This report outlines the progress made during the first two years of the implementation of *A Fitter Future for All*. It is important to acknowledge that whilst the Framework was launched in March 2012, it took time to put in place mechanisms to oversee the co-ordination of the various delivery partners and to establish the Regional Obesity Prevention Implementation Group, and subsequent Action Plans.

The implementation of the Framework has been progressing, and steps are underway for completing many of the short term outcomes within the agreed timeframes - 2012 to 2015. However, we also recognise that we need to continue to prioritise this area and we are not complacent about the challenge ahead.

BACKGROUND

In 1998, the World Health Organisation (WHO) highlighted that obesity was becoming one of the most important factors contributing to ill-health, with increases in prevalence of obesity across the globe. Furthermore, in 2012 WHO stated that 'Obesity has reached epidemic proportions globally, with at least 2.8 million people dying each year as a result of being overweight or obese. Once associated with high-income countries, obesity is now also prevalent in low- and middle-income countriesⁱⁱ'.

Epidemiological research has indicated that being obese can increase the risk of a range of health conditions such as Type II diabetes, some cancers and heart disease. The financial costs of obesity are high and rising, as the prevalence of obesity increases and its impacts are felt across the life course. Preventing the rise of obesity will have a positive impact on the health of our communities in the future.

In November 2012, a Safefood report estimated that obesity cost Northern Ireland approx £370millionⁱⁱⁱ in 2009. 25% of these costs were direct healthcare costs and 75% were indirect costs to the economy.

A Fitter Future for All (known throughout this document as "the Framework") acknowledged that change will not come overnight, but that by working together and recognising the impact this will have on future generations, we can collectively make a difference. The document therefore sets a challenging target of reducing levels of obesity over its ten year life span – this is more demanding than previous targets which sought to halt the rise in levels of obesity.

Aim

The overall aim of the Framework is to:

Empower the population of Northern Ireland to make healthy choices, reduce the risk of overweight and obesity related diseases and improve health and well-being, by creating an environment that supports a physically active lifestyle and a healthy diet.

Target

In addition, the following overarching targets have been set:

- **Adults** - To reduce the level of obesity by 4% and overweight and obesity by 3% by 2022.
- **Children** - A 3% reduction of obesity and 2% reduction of overweight and obesity by 2022.

The targets are in two parts; the proportion that are obese and the proportion that are overweight and obese. These targets were established based on the Health Survey Northern Ireland 2010/11 results which reported that:

- 59% of adults aged 16 and over were either overweight (36%) or obese (23%), and
- 27% of children aged 2-15 years of age were overweight (19%) or obese (8%) - based on the *International Obesity Task Force* (IOTF) cut-off points of the BMI percentiles

Long-term objectives

There are two overarching objectives within the Framework which address two main areas. These are to:

- *increase the percentage of people eating a healthy, nutritionally balanced diet; and*
- *increase the percentage of the population meeting the CMO guidelines on physical activity.*

Programme for Government

Through the Programme for Government 2011-2015^{iv} the Assembly committed to investing £7.2 million during 2012-2015 on action to tackle obesity. The majority of obesity related funding is managed at a local level by the Public Health Agency (PHA) to identify local need and address priorities.

TARGETS AND INDICATORS

The Framework committed the Department to monitoring and overseeing a range of related statistics and indicators – the most recent figures are included below.

Health Survey Northern Ireland

The Health Survey Northern Ireland^v (HSNI) has taken over from the Health and Social Wellbeing Survey and will be used to chart the future trends of obesity and overweight prevalence.

Adults (aged 16+)

	2010-11	2011-12	2012-13	2013-14	Target for 2022
Overweight	36%	37%	37%	37%	
Obese	23%	23%	25%	24%	19%
Overweight and obese	59%	61%	62%	61%	56%

Children Aged 2-15 Years (IOTF)

	2010-11	2011-12	2012-13	2013-14	Target for 2022
Overweight	19%	21%	20%	17%	
Obese	8%	10%	7%	7%	5%
Overweight and obese	27%	31%	27%	24%	25%

While the differences between the obesity proportions noted between 2010/11 and 2011/12 and between 2011/12 and 2012/13 are statistically significant for those aged 16-18 years, when comparing the proportion who were overweight or obese for the 2-15 years, the differences were not significant.

Physical Activity – Start Active, Stay Active

	Meeting CMO Guidelines
HSNI 2013-14	53%*
HSNI 2012-13	53%*
HSNI 2011-12	35%
HSNI 2010-11	38%

**Based on new CMO Physical Activity Guidelines*

Food and Nutrition – consuming 5 or more portions of fruit/veg per day

HSNI 2013-14	33%
HSNI 2012-13	No comparable results
HSNI 2011-12	32%
HSNI 2010-11	33%

THE OUTCOMES

A series of outcomes were developed to deliver the long-term aims of the Framework. Following the logic model approach, a number of long-term outcomes were initially developed, and these were supported by the subsequent development of a number of short and medium-term outcomes and outputs. These provide the focus for activities and future work.

Outcomes are measured, and the overall success or otherwise of achieving the long-term aims is also captured. The outcomes were structured in a manner that not only demonstrated their sequential nature, but also their relationship with the themes, long-term aims and objectives.

The outcomes were grouped within three life course stages:

- Pre-conception, Antenatal, Maternal and Early Years;
- Children and Young People; and
- Adults and the General Population.

The PHA leads on the implementation of the majority of non-Departmental outcomes. The Food Standards Agency (FSA) is the lead delivery partner for outcomes involving food manufacturers/retailers and food labelling.




An update of the outcomes is outlined in the table below. Quick identification of progress to targets is indicated via a Red, Amber, and Green (RAG) status:

		(% of outcomes - rounded)
Green	On track for achievement / achieved	(76%)
Amber	On track for achievement but with some delay	(23%)
Red	Not on track for achievement	(1%)

Since the timescale for short-term outcomes was 2012-2015, a more detailed three year review of the Framework will begin in 2015.

Where available, additional information about programmes and projects is either provided with a link at the end notes or a brief outline is included at **Annex A** (marked in the outcomes table by a *).

PRE-CONCEPTION, ANTENATAL, MATERNAL AND EARLY YEARS




Outcomes	Delivery Partners	RAG	Update	Next Steps
<p>1. People trying to conceive and expectant parents receive information and guidance on nutrition and recommended levels of physical activity.</p>	<p>HSC DHSSPS Vol/Com Safefood</p>		<p>HSC/PHA - All pregnant women receive the <i>Pregnancy Book</i>^{vi}. Information on healthy eating for those trying to conceive, and in pregnancy, is also available online^{vii}. Resources have been updated and disseminated for folic acid^{viii} and Vitamin D^{ix} supplements in pregnancy and for those trying to conceive.</p> <p>Safefood - Developed a webpage^x which links to the relevant section of the PHA's pregnancy handbook.</p>	<p>HSC/PHA - Relevant information will continue to be updated and made available.</p>
<p>2. Overweight and obese expectant mothers have the opportunity to access evidence based weight management interventions developed for expectant mothers.</p>	<p>HSC DHSSPS District Councils</p>		<p>HSC/PHA - A pilot weight management programme aimed at pregnant women is ongoing (<i>*Weigh to a Healthy Pregnancy</i>) with a programme of training for all HSC staff involved. A post-pregnancy intervention study to improve healthy eating and physical activity for women with gestational diabetes is being undertaken in the Belfast and Southern Trusts.</p> <p>Councils - BHF NI's <i>*Hearty Lives Carrickfergus Project</i> - aims to reduce health inequalities in heart disease and has a focus on providing access to evidence based weight management interventions for expectant mothers.</p>	<p>HSC/PHA - The PHA to consider mainstreaming the '<i>Weigh to a Healthy Pregnancy</i>' pilot, subject to evaluation.</p>
<p>3. Initiatives and programmes on nutrition and physical activity within all Early Years settings reviewed.</p>	<p>HSC IPH District Councils DHSSPS DE Sport NI Vol/Com</p>		<p>DHSSPS/PHA - All registered childminding and day care services for children under the age of 12 must adhere to DHSSPS <i>*Minimum Care Standards</i>^{xi}. The UK <i>Physical Activity Guidelines: Start Active, Stay Active</i>^{xii} recommendations also contain new guidance for Under 5's.</p> <p>PHA - <i>Nutrition Matters for the Early Years</i>^{xiii} has been updated and distributed and training is ongoing across the Early Years to support this, including childcare providers.</p> <p>DE - All DE funded pre-school education providers required to adhere to the curricular guidance on physical development and movement as one of the six key areas of learning.</p>	<p>DHSSPS/PHA - Proven successful programmes will continue to be delivered.</p> <p>IPH - In 2014, IPH will be producing a joint publication with the Centre for Effective Services on improving health and</p>

Outcomes	Delivery Partners	RAG	Update	Next Steps
			<p>Councils - A strand of the <i>Hearty Lives</i> Carrickfergus Project focuses on families, particularly children aged 0–4.</p>	<p>wellbeing outcomes in the early years; providing research and practice evidence on an all-island basis.</p>
<p>4. Health and Social Care Professionals identify, and provide appropriate interventions or signposting, for young children who are, or are at-risk of, overweight/obesity</p>	<p>HSC DHSSPS Vol/Com District Councils</p>		<p>HSC/PHA - *<i>UP4IT!</i> childhood obesity programmes continue to be supported in the Western and Southern Trusts. In all trusts - <i>Healthy Child, Healthy Future</i>^{xiv}, health visitors & school nurses provide a number of universal contacts to all children and parents with a focus on: healthy eating and increasing physical activity leading to a reduction in obesity; increasing rates of breastfeeding and early recognition of growth disorders & risk factors for obesity.</p>	<p>HSC/PHA - A regional tendering exercise to establish the <i>UP4IT!</i> (and family weight management programmes) model across NI is under development.</p>
<p>5. New Breastfeeding Strategy in place and being implemented.</p>	<p>DHSSPS HSC Vol/Com</p>		<p>DHSSPS - The <i>Breastfeeding Strategy – A Great Start 2013-2023</i>^{xv} was launched in June 2013 and the Steering Group met in November 2013. Work strands include workplace support, breastfeeding support in HSC and community settings, and research and public information.</p> <p>HSC/PHA - Provides support to HSC Trusts and *<i>Sure Starts</i>^{xvi} through a Service Level Agreement between UNICEF and PHA who supported a grant to UNICEF to appoint a BFI Professional Assistant for Northern Ireland. In 2012/13 the PHA also invested in:</p> <ul style="list-style-type: none"> • a DVD by *<i>Best Beginnings</i>^{xvii} aimed at parents of infants in Neonatal Units to promote and support breastfeeding. • UNICEF training for midwives, health visitors Children’s Centre/<i>Sure Start</i> staff and neonatal staff. • The development and coordination of volunteer peer support workers to help 	<p>HSC/PHA - Continue to implement strands of the Breastfeeding Strategy.</p>

AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Outcomes	Delivery Partners	RAG	Update	Next Steps
			<p>encourage and support mothers to breastfeed their babies.</p> <p>IPH - Contributes to the implementation of DHSSPS/PHA Breastfeeding Strategy through its research subgroup.</p>	
<p>6. Parents/carers provided with consistent evidence based advice on infant nutrition from health care professionals.</p>	<p>HSC DHSSPS Vol/Com Safefood FSA District Councils</p>		<p>PHA - Hosted a regional Conference on Maternal and Infant Nutrition in Nov 2013, aimed at health professionals. Supports implementation of the NI Breastfeeding Strategy. Supported by DHSSPS in the development of <i>*Healthy Start</i> Flyers.</p> <p>Safefood - Online support available for parents who choose to bottle feed^{xviii} which links to the PHA's advice on feeding your baby for parents/guardians.</p> <p>IPH - Conducted a Review and Evaluation of Breastfeeding in Ireland^{xix} in 2013. Contributes and hosts a web group on <i>*The Health Well</i>^{xx} website for, the <i>*Baby Feeding Law Group Ireland</i>^{xxi}.</p>	<p>PHA - Relevant information will continue to be updated and made available.</p>
<p>7. Minimum nutritional standards in place for all voluntary, community and private Early Years settings, and compliance monitored.</p>	<p>DHSSPS RQIA HSC DE FSA</p>		<p>DHSSPS/PHA - All registered childminding and day care services for children under the age of 12 must adhere to the <i>Minimum Care Standards</i>. Training workshops are being delivered in all HSC Trust areas for childminders and staff in day nurseries and play groups. Shorter sessions are also being offered to staff in crèches where snacks only are offered.</p> <p>DE - Provided funding to participating voluntary/private settings and <i>Sure Start</i> projects. Nutritional standards set and monitored by the HSC Trust.</p>	<p>PHA - Issues with monitoring the Minimum Care Standards need to be resolved and may in part be due to mobile audience.</p>
<p>8. Voluntary, community and private Early Years settings supported to comply with minimum nutritional standards for childcare providers.</p>	<p>HSC DHSSPS FSA District Councils</p>		<p>PHA - <i>Nutrition Matters for the Early Years</i> resource revised and reprinted in 2012/13. Training to support this is on-going.</p> <p>Councils - Private Nursery Survey (Coleraine). The Western Group of Councils assisted the WHSCT with a series of information seminars in Day Nurseries and Childminders at early stage with Project Team.</p>	


AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Outcomes	Delivery Partners	RAG	Update	Next Steps
<p>9. Food and nutrition initiatives increase nutritional knowledge, practical nutrition and food skills in a variety of voluntary, community and private Early Years settings, including parent/carer and toddler groups. This should include healthy weaning and the use of non-sweet based reward systems.</p>	<p>HSC FSA DHSSPS SafeFood District Councils</p>		<p>PHA – The <i>*Cook it!</i> programme is delivered in a range of settings across all Trusts and is also supported through <i>*Small Grants Programmes</i> and <i>Healthy Start</i>.</p> <p>SafeFood - Collaborated with Albert Bartlett & Sons Ltd to develop and disseminate a second book in the Sammy Sally series called, <i>Sammy and Sally Grow Together</i> for pre-schools.</p>	<p>Councils - As part of the <i>Hearty Lives</i> work plan for 2014/15, the project will be developing a pilot around healthy weaning. Discussions are at an early stage with the Project Team.</p>
<p>10. The new CMO Physical Activity Guidelines for Early Years published and disseminated.</p>	<p>DHSSPS HSC Sport NI DCAL Vol/Com</p>		<p>DHSSPS - Participated in the development of the <i>Start Active, Stay Active</i> guidelines published in June 2011.</p> <p>PHA - Leads on promoting the CMO Physical Activity Guidelines throughout the health sector and in relevant settings. Resources and websites have been updated to reflect the guidelines.</p> <p>Sport NI - Published the <i>*Sport and Physical Activity Survey 2010^{xxii}</i> in Nov 2013.</p> <p>DCAL - Supported through the <i>*Sport Matters Strategy^{xxiii}</i>.</p>	
<p>11. Voluntary, community and private Early Years settings comply with the new CMO Physical Activity Guidelines for Early Years.</p>	<p>HSC Sport NI DCAL Vol/Com</p>		<p>PHA - Leads on promoting the CMO Physical Activity Guidelines throughout the health sector and in relevant settings. Hosted a workshop and training on the interpretation of the <i>Start Active, Stay Active</i> guidelines Early Years section. <i>Early Movers^{xxiv}</i> training was commissioned and delivered in 2013/14. Physical activity resources for parents and practitioners have been developed by the British Heart Foundation (BHF) and adapted and disseminated for use in NI.</p> <p>Sport NI - Promoted the new guidelines through its investment programmes (<i>*Active 8</i> and <i>*Active Communities</i>).</p>	




AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Outcomes	Delivery Partners	RAG	Update	Next Steps
			<p>DCAL - Supported through the <i>Sport Matters Strategy</i>.</p>	
<p>12. Healthcare professionals, childcare workers and those working in Early Years settings receive relevant information and training on physical activity and the new CMO Guidelines.</p>	<p>HSC DHSSPS DCAL Vol/Com District Councils</p>		<p>PHA - Hosted a workshop and training on the new UK CMO physical activity guidelines for the Early Years. Commissioned <i>Early Movers</i> training. BHF resources for practitioners and parents have been adapted and disseminated. Rolled out <i>*Start to Play</i> training.</p> <p>DCAL - Supported through the <i>Sport Matters Strategy</i>.</p>	
<p>13. Implementation plan published to deliver the aims and objectives of the Play and Leisure Policy Statement.</p>	<p>OFMDFM Playboard Vol/Com DoE DSD HSC DCAL DHSSPS</p>		<p>OFMDFM - <i>*The Play and Leisure Implementation Plan^{xxv}</i> (March 2011) continues to work with District Councils to assist them to set up <i>*Play and Leisure partnerships</i>. Building an evidence base and working with the <i>Children and Young People Strategic Partnership^{xxvi}</i> (CYPSP) to develop a mapping system of play facilities. Funding 14 Councils to carry out an audit on children's services in local communities. Junior Ministers announced an investment of £1.6 million in October 2013 to support delivery of the play and leisure implementation. A key element will be focused on outdoor, community play and enhancing access to active play across Northern Ireland. <i>Bright Start^{xxvii}</i> the Executive's programme for affordable and integrated childcare.</p> <p>DoE - Relevant actions will be undertaken through DoE's function in developing planning policy.</p> <p>DSD - Undertakes a range of actions through Neighbourhood and Social Renewal eg. Healthy Living Centres.</p> <p>Playboard - The <i>Let us Play^{xxviii}</i> campaign launched in April 2014. The grant programme went live from April 2014 (first stage).</p>	<p>OFMDFM - The growth of play based after-school places will lead to enhanced opportunities for active and creative play improving health, wellbeing and development.</p> <p>Playboard - It is anticipated that service development over period 2014 to 2017 will deliver up to 7,000 additional after school places.</p>

AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Outcomes	Delivery Partners	RAG	Update	Next Steps
<p>14. Children and families have access to safe facilities for play and physical activity in their locality, particularly in areas of deprivation.</p>	<p>District Councils Playboard Vol/Com DoE DHSSPS DSD DCAL Sport NI OFMDFM HSC Private Sector</p>		<p>Councils - Working with some schools to open facilities to the community after school hours.</p> <p>PHA - Supported a number of district councils to develop <i>*Green/Outdoor Gym</i> facilities to promote physical activity.</p> <p>DSD - Plans to support additional community areas through Neighbourhood Renewal.</p> <p>DoE - Supports the delivery of this outcome through its function in developing planning policy.</p> <p>OFMDFM - A new mapping system has been designed in conjunction with the CYPSP to assist Councils to begin the process of mapping play provision against various measures of need.</p>	

CHILDREN AND YOUNG PEOPLE

Outcomes	Delivery Partners	RAG	Update	Next Steps
1. More effective use and sharing of existing facilities and equipment within and between education, District Councils and local communities.	District Councils DE DCAL Vol/Com Private Sector		<p>Councils - Working with some schools to open facilities to the community after school hours.</p> <p>DE - <i>Community Use of Schools Guidance Toolkit</i>^{xxxix} launched on 13th January 2014 issued to all schools, ELBs and other key stakeholders including NICVA and NILGA.</p> <p>Sport NI - Published an Advocacy document promoting community use of the school sports estate as well as launching a £375k programme to fund costs of local communities gaining access to these facilities for sport and physical recreation. Continues to invest in the <i>Active Communities</i> programme. Confirmed an extension to the programme to March 2015. In 2013-14 approx 106,000 people participated approximately 1m times. Developing a new capital investment programme which will be launched in July 2014. Partnership approaches will be supported that engage the local community and key agencies, and respond to community need.</p>	Sport NI - Over the period 2010-2015 SNI will have invested in £12.5m programme delivery.
2. Initiatives and programmes on nutrition, physical activity and play within children and young people's settings reviewed.	HSC IPH District Councils DHSSPS Sport NI DCAL Vol/Com		<p>PHA - Review of evidence and provision of current programmes for weight management for children and young people has been completed.</p> <p>DCAL/Sport NI - 439 schools registered with <i>Active8</i>^{xxx} with 35,000 children and young people completing the Adventure Challenge. Received information on physical activity, diet and nutrition. <i>Active8</i> also includes <i>Active8</i> Sport Leaders programme; <i>Active8</i> Big Start 2014; and <i>Active8</i> Eatwell.</p> <p>IPH - Led a work package in the <i>EU Crossing Bridges</i>^{xxxi} project promoting the implementation of a Health in All Policies (HiAP) approach in order to improve health equity^{xxxii} with a focus on Health and Education. Two case studies were submitted for inclusion: <i>Green Schools</i> and <i>Food Dudes</i>^{xxxiii}.</p>	PHA - A commissioning specification for weight management programmes for children of primary school age is under development.
3. Relevant circulars to FE Colleges relating	DEL FE Colleges		DEL - All further education (FE) colleges have in place a range of pastoral care arrangements aimed at promoting the health and wellbeing of students by	

AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Outcomes	Delivery Partners	RAG	Update	Next Steps
to obesity, food and nutrition and recommended levels of physical activity guidance updated as necessary.	HSC		providing them with access to appropriate guidance and support. The FE sector is expected to disseminate advice and guidance, delivered by outside agencies/bodies which are responsible for the health and wellbeing of young people, including their students. In order to provide strategic direction, the Department has also issued guidelines ^{xxxiv} to Colleges on various health-related matters; the circular is still current and colleges are expected to adhere to it. As colleges are independent bodies, there are no formal reporting mechanisms in place; however, DEL will periodically request updates as the need arises.	
4. Those in University and FE Colleges supported to be more physically active, to eat healthily and develop practical food skills.	FSA Safefood DHSSPS HSC DEL DRD NUS Colleges Universities District Councils		<p>FSA - Continues to provide cookery guidance for students and has been working with the regional colleges to develop Food and Nutrition support materials designed to stimulate learning and support across vocational level 2 programmes of curriculum.</p> <p>Safefood - Continues to provide healthy eating and food safety guidance for students, along with quick tasty recipes, online.</p> <p>DRD - <i>The Accessible Transport Strategy Action Plan 2012-2015</i>^{xxxv} was published in 2012, and in 2014 the 2nd Year Monitoring Report was published. The Active Travel Strategy: <i>Building an Active Travel Future for Northern Ireland</i>^{xxxvi} was published in Jan 2013 and an Action Plan for Active Travel in Northern Ireland 2012-2015^{xxxvii} was published in August 2013.</p> <p>PHA - Commissions the <i>Cook it!</i> programme which is suitable to be delivered to a range of target groups.</p> <p>DEL - Both Queen's University Belfast (QUB) and the University of Ulster (UU) have confirmed that they have worked with their respective Students' Unions to campaign to improve wellbeing, including fitness and general health checks, particularly during key points in the academic year (e.g. examinations).</p> <p>Councils – As part of the Carrickfergus <i>Hearty Lives</i> Project's work plan for 2014/15 young people will be supported as they participate in the <i>Flames</i> initiative later in 2014.</p>	<p>FSA – The resource, <i>A Survival Guide to Food</i>^{xxxviii}, is being updated.</p> <p>DRD - Is also working with UU regarding access to Belfast sites, with idea to make Belfast City Centre more pedestrian friendly. Has offered site specific advice and is awaiting a response.</p> <p>DEL - UU is in discussion with its Students' Union to agree health promotion</p>





AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Outcomes	Delivery Partners	RAG	Update	Next Steps
				campaigns for the 2014-15 academic year.
5. Those who work in the youth sector and Jobskills/ Training Centre students are supported and trained to encourage promotion of a healthy diet and recommended levels of physical activity.	HSC DHSSPS DE/ELBs/ YCNI DCAL Sport NI Vol/Com		<p>DHSSPS/PHA - As mentioned previously both the DHSSPS and the PHA regularly issues advice on food and nutrition and recommended levels of physical activity in a variety of settings.</p> <p>DCAL/Sport NI - Supported through the <i>Sport Matters Strategy</i>.</p>	No targeted interventions or actions have yet been identified and this will be considered as part of the three-year review.
6. The importance of addressing health issues in education settings continues to be recognised and school development planning regulations continue to require schools to have policies in place to promote the health and well-being of students.	DE DHSSPS ELBs HSC		<p>DE - <i>*Healthy Food for Healthy Outcomes^{xxxxix}</i> Food in Schools policy was published in September 2013 and requires that schools develop and have in place by September 2014 a policy which reflects a whole school approach to food in schools. A letter of reminder was issued to schools in April 2014 (See also outcome 8 below). The Education (School Development Plans) Regulations (Northern Ireland) 2010^{xl} require all schools to have in place a strategy for promoting the health and well being of pupils. There are currently no plans to change this requirement.</p> <p>DHSSPS/HSC - Supports this through jointly funding with DE the regional Food-in-Schools Coordinator post.</p> <p>Safefood - Specific initiatives coordinated by safefood include: <i>*What's on a label^{xi}</i>, <i>*Eat, Taste and Grow^{xiii}</i> safefood for Life (link http://www.safefood.eu/Education/Post-primary-(NI)/safefood-for-life.aspx) and <i>Audit of marketing of school meals</i>.</p>	
7. Continued delivery of the Pupils	DE DHSSPS		DE - Continues to run this programme however it has since been renamed, and is now known as the <i>I Matter^{xliii}</i> programme.	





AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Outcomes	Delivery Partners	RAG	Update	Next Steps
Emotional Health and Well-being Programme.	ELBs HSC		DHSSPS - Chair a related subgroup under <i>I Matter</i> .	
8. Pending Ministerial and Executive agreement – finalised Food in Schools Policy implemented and monitored.	DE DHSSPS CEEA ELBs HSC FSA Safefood		DE - The Food in Schools policy (see outcome 6 above) comprises mandatory and discretionary elements and applies to all grant-aided schools. A supporting framework to oversee implementation of the policy is led by the Food in Schools Forum and supported by a regional Food in Schools Coordinator.	DE - A range of actions are being taken forward to support the implementation of the policy and monitoring will be undertaken as appropriate. High level analysis has been completed of the PHA - DE/DHSSPS/PHA <i>Top Marks</i> ^{xliv} Promotions and bulletin reports are being prepared.
9. All schools meet the nutritional standards for lunches and 'other food and drinks' including breakfast clubs and vending machines.	DE ELBs		DE - Nutritional standards are already compulsory for school lunches. Due to a gap in the legislation the standards for other food and drinks in schools are not mandatory at present in certain circumstances. In the interim it is recommended that all grant-aided schools should seek to adhere to the standards for other food and drinks in schools.	DE - To seek an appropriate legislative vehicle to address identified gap as soon as possible.
10. Regional approach	HSC		DHSSPS/HSC - A regional <i>Healthy Breaks</i> scheme has been developed for all	PHA/HSC -

AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Outcomes	Delivery Partners	RAG	Update	Next Steps
to Breakfast Clubs and <i>Healthy Breaks</i> initiatives adopted	DE DHSSPS District Councils ELBs		nursery and primary schools. Resources have been disseminated to over 900 schools. Evaluation of use of the <i>Healthy Breaks</i> scheme is to be undertaken. Councils - Carrickfergus - <i>Happy Faces</i> Pilot just completed by Environmental Health staff. Yr6 pupils learned how to prepare healthy snacks using fresh fruit.	Evaluation of <i>Healthy Breaks</i> scheme to be assessed
11. Initiatives in place to increase uptake of school meals, particularly free school meals.	DE ELBs HSC		DE - Continues to set targets annually for Education and Library Boards in relation to the uptake of school meals including free school meals.	DE - The Food in Schools forum, through its subgroups, is considering ways to increase uptake through the marketing of school meals and promoting benefit uptake.
12. 'Home Economics' remains a compulsory curriculum element for all students in Key Stage 3.	DE ELBs		DE - Complete. Home Economics remains compulsory element in the school curriculum for Key Stage 3. Safefood/FSA - <i>What's on a label?</i> This resource is designed to assist Home Economics teachers to deliver the food labelling content of the GCSE and GCE Home Economics specifications.	
13. Options considered for primary school children to develop practical food skills in line with the Food Competences Framework.	DE CCEA ELBs DHSSPS HSC FSA Safefood		DE - There are a number of areas of learning within the primary school curriculum which provides opportunities for children to learn about food, healthy eating and being active. The Regional Food in Schools Co-ordinator will provide advice to schools as required to enable children to be provided with opportunities to develop practical food skills in primary school facilities.	

AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Outcomes	Delivery Partners	RAG	Update	Next Steps
14. Children, young people and their families provided with information in respect of nutrition.	HSC DHSSPS FSA Safefood Vol/Com		<p>PHA - Nutritional information continues to be updated and made available and healthy lunchbox resources were distributed to all new primary one pupils.</p> <p>FSA - Nutritional information continues to be updated and made available.</p> <p>Safefood - Launched 3 year public awareness campaign 'Let's take on childhood obesity' targeted at parents of children aged 2-12 years. It encourages parents to make practical changes to everyday lifestyle habits such as portion sizes, drinks and screen time to make a big difference to the health and wellbeing of children - www.safefood.eu www.littlesteps.eu website is also available to parents. Online information on healthy eating and food safety for families is kept up to date.</p>	
15. Work undertaken with other jurisdictions to monitor and further consider restrictions of advertising products with high fat, salt, sugar and alcohol to children and young people.	UK Jurisdictions ORCOM RoI IPH DHSSPS FSA		<p>DHSSPS/PHA - The former Health Minister wrote to the Secretary of State for Health Westminster in support of a pre-9pm watershed ban on advertising HFSS foods, however this issue remains a reserved matter. DHSSPS met with OFCOM to discuss alcohol and food advertising.</p> <p>IPH - Produced a Health Impact Assessment (HIA) of a proposed sugar sweetened drinks tax.^{xiv} IPH also made a submission to the WHO supporting their draft revisions to the guideline for free sugars contribution to energy intake.</p>	
16. Youth sector settings have healthy food policies in place.	HSC DE ELBs District Councils		<p>PHA - Leads on this through general ongoing actions regarding healthy nutrition.</p>	
17. Young people, including those in or leaving care, and those deemed to be at risk of overweight and obesity, provided with	HSC DHSSPS Vol/Com Safefood FSA District		<p>DHSSPS/PHA - <i>Cook it!</i> - delivered in a range of community settings. BMI is monitored at Year 8. Family weight management programmes are commissioned for this age group according to local identified need.</p> <p>FSA - In partnership with Safefood, FSA have developed a resource to support a healthy diet which is an online resource called <i>*eatright.eu</i>^{xlvi}.</p>	

AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Outcomes	Delivery Partners	RAG	Update	Next Steps
opportunities to develop knowledge and practical food skills.	Councils		Safefood - Ran * <i>Take Away My Way</i> competition for post primary schools annually from 2011-2013. It encouraged students to plan and prepare a healthier version of their favourite take-away meal.	
18. PE remains a compulsory curriculum element for all students through all Key Stages.	DE DCAL ELBs HSC Sport NI DHSSPS		DE - Complete. PE is a compulsory element of the school curriculum through all Key Stages. Current guidance for PE recommends that schools offer at least 2 hours per week.	
19. Subject to the outcome of a review of DE budget allocations, continued delivery of the * <i>Curriculum Sports Programme</i> (CSP).	DE DCAL ELBs HSC Sport NI DHSSPS		DE - Continues to support this programme with £1.5m available in 2014/15. Aimed at developing the physical literacy skills of our youngest pupils (Years 1-4), during the 2013/14 school year, 61 coaches from the GAA and IFA delivered the programme in 577 primary schools reaching over 39,000 pupils.	
20. Baseline established on the number of children of compulsory school age participating in a minimum of 2 hours physical education per week and schools encouraged and supported to achieve this.	DCAL DE ELBs HSC Sport NI DHSSPS		DE - DE guidance recommends schools offer 2 hours PE per week (legislation prevents DE from prescribing a specific amount of time for this). DE is undertaking a 3 stage process to determine the baseline position. Stage 1, an electronic survey of schools, has been completed and the report ^{xlvii} is available on the Department's website Stages 2 and 3, namely ETI visits to Primary & Post-Primary schools are due to be scheduled during 2014/15. Information from Nov 2013 indicates that most children achieve between 60 minutes and 90 minutes per week of curricular PE.	DE - Monitor outcome of ETI visits to primary and post- primary schools
21. Every child in Northern Ireland over the age of 8 provided with the opportunity to	DCAL DE ELBs HSC		DCAL - The first 2 years of the £13m Sport NI lottery funded, <i>Active Communities</i> Programmes has recorded over 140,000 participants averaging 10 participations each.	Sport NI - Analysis highlights that there is considerable work




AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Outcomes	Delivery Partners	RAG	Update	Next Steps
participate in at least 2 hours per week of extra-curricular sport, physical recreation or play.	Sport NI DRD District Councils DHSSPS		<p>DE - The Extended Schools (ES) programme currently operating across 486 schools serving pupils from disadvantaged communities offer various programmes and activities related to sports, physical recreation and the promotion of healthy lifestyles. Over 4000 programmes were in place across all eligible ES in 12/13. Approximately 17% of these focused on health, sport or fitness with an estimate of 40,000 participants availing of the range of activities on offer.</p> <p>A variety of sporting programmes are offered in the youth service as part of an overall non formal education programme aimed at enhancing the personal and social development of young people. Participation in the youth service is voluntary, with over one third of young people aged 4-25 taking part in registered youth work annually (using 2011 data).</p> <p>Sport NI - In 2013/14 Sport NI published an advocacy document promoting community use of the school's sports estate as well as launching a £375k programme to fund the costs of local communities gaining access to these facilities for sport and physical recreation. Research undertaken by Sport NI in May 2012 found, with the exception of Year Groups 5 to 7, that the majority of schools offer 2 hours of extra-curricular sport and physical recreation per week.</p> <p>DRD - Supports this through <i>Travelwise</i> and Active Travel. DRD continues to work closely with schools to promote and enable Active Travel and participation will be monitored through <i>Travelwise</i> on an annual basis. Other projects and initiatives include: Walk to School Week, Walk to School Month, promotion of walking and cycling to school along with the Active School Travel Programme in partnership with the PHA.</p> <p>PHA - joint funding of the <i>*Active School Travel</i> programme with 180 schools over a three year period. There is also engagement with schools in respect of Bike Week.</p>	<p>yet to be done re: the target, all children over the age of 8 years are to have the opportunity to participate in the recommended 2 hours.</p> <p>Sport NI - Is seeking cross-Departmental co-operation to establish a baseline to inform development of a survey.</p>
22. The new CMO Physical Activity Guidelines for children	DHSSPS HSC Sport NI		DHSSPS - Participated in the development of the <i>Start Active, Stay Active</i> guidelines published in June 2011.	PHA - Will continue to promote the




AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Outcomes	Delivery Partners	RAG	Update	Next Steps
and young people published and disseminated.	DCAL Vol/Com DRD		<p>PHA - Joint funding the <i>Active Schools Travel</i> programme with DRD which supports the guidelines.</p> <p>DCAL/ Sport NI - Northern Ireland's <i>Sport and Physical Activity Survey 2010</i> published in November 2013.</p> <p>DRD - The recommendations will be supported in part through the Active Travel Plan/Forum. This includes the new <i>Active Schools Travel</i> Project.</p>	<i>Active Schools Travel</i> guidelines.
23. Children and young people can access opportunities and facilities for physical activity and play within their local community.	DCAL HSC DHSSPS DE Sport NI DSD Vol/Com District Councils		<p>DCAL/Sport NI - Continues to invest in the <i>Active Communities</i> programme. In January 2014 SNI confirmed an extension to the programme to March 2015. Over the period 2010-2015 Sport NI will have invested in £12.5m programme delivery. In 2013-14 approx. 105,517 people participated approx.1m times. The <i>Sport Matters Strategy</i> contains the target of 90% by 2019 (access to quality facilities within 20mins) through the <i>*Community Capital Programme</i>.</p> <p>DHSSPS/PHA - <i>Making Life Better</i> was launched in June 2014. It advocates through its 'space and place' approach to maximise the use of the natural and built environment to increase access to safe, sustainable health nurturing spaces and places.</p> <p>DE - Guidance on the <i>Community Use of School Premises</i> published.</p> <p>DSD - Supports community areas through Neighbourhood Renewal.</p>	




ADULTS AND THE GENERAL POPULATION

Outcome	Delivery Partners	RAG	Update	Next Steps
<p>1. Consistent, coordinated and integrated campaign developed in respect of nutrition and physical activity, the focus of which is informed by the evidence base and regional/local research.</p>	<p>HSC FSA DHSSPS Vol/Com Sport NI Safefood</p>		<p>PHA - <i>*Choose to live better</i> public information campaign launched in January 2013, with supporting local initiatives and a website^{xlviii}. A ‘one stop shop’ website (taking account of the HSC Web Portal, NI Direct and partner websites) is being explored.</p> <p>Councils - <i>*GIAG-Give It A Go</i> (Southern Area) has been linked to the <i>Choose to Live Better</i> Campaign and ‘Road Show Activities’. 87,000 brochures were also distributed in 2013 through local newspapers.</p> <p>FSA - Continue to keep the public updated with relevant food issues.</p> <p>DCAL/Sport NI – Taken forward through the <i>Sport Matters Strategy</i>.</p> <p>Safefood - Actions include <i>*Stop the Spread campaign</i>, <i>*Weigh2Live</i> on-line resource and up-to-date online information.</p>	<p>PHA - to update on ‘one stop shop’ website.</p>
<p>2. Initiatives and programmes on nutrition and physical activity for adults and the general population reviewed.</p>	<p>HSC IPH DHSSPS District Councils FSA Safefood</p>		<p>PHA - There is ongoing review of the evidence base and evaluation of key programmes as required. A review of HSC commissioned/supported weight management programmes for adults is underway and will take account of recent NICE public health guidance. Local and regional programmes are commissioned based on identified need eg: <i>*Small Grants Programmes, Community Allotments, Green gyms</i>.</p>	<p>PHA - Evidence based programmes will continue to be commissioned according to local need.</p>
<p>3. Policy makers encouraged and supported to complete Health Impact Assessments on relevant policies.</p>	<p>DHSSPS Govt Depts District Councils Public Sector</p>		<p>DHSSPS – Work continues to build capacity and knowledge of Health Impact Assessments (HIA) in statutory organisations. The Institute of Public Health also provides advice and support to policy makers to carry out HIA’s on relevant policies and holds regular HIA training sessions.</p>	<p>DHSSPS - Paper to be developed for consideration of Health in All Policies at the next All Department Officials Group (ADOG) in Dec 2014.</p>

AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -




Outcome	Delivery Partners	RAG	Update	Next Steps
4. Health and Social Care Professionals identify, and provide appropriate interventions, or signposting, for those adults who are, or at-risk of, overweight/obesity.	HSC DHSSPS Vol/Com District Councils		<p>PHA - '<i>Weigh to Health</i>' programme and <i>Physical Activity Referral Programmes</i> (PARPs). Supported physical activity providers to attend recognised training programmes to build capacity in this sector. The HSC Board funded a pilot commercial weight management referral programme for primary care in 2013. <i>Farm Families</i> initiative, supported by PHA and DARD, delivers community based health checks and signposting. PHA supported a pilot workplace based £ for lb 12 week challenge to promote healthy eating and physical activity in collaboration with Business in the Community. The PHA also supports the <i>Belfast Healthy Hearts Programme</i>, which aims to improve heart health in Belfast.</p> <p>Councils - Southern Area – Weight Management interventions e.g. <i>Weigh to Health</i> and Sign Posting to services. Mid-Ulster – The <i>*Make A Change</i> initiative.</p>	PHA - To commission evidence based programmes according to local need
5. Relevant recommendations from the Cardiovascular Framework implemented.	HSC DHSSPS DCAL Sport NI Vol/Com		DHSSPS/PHA - Revised Cardiovascular Framework in place from May 2014 with the PHA leading on its implementation.	
6. Targeted healthy food initiatives in place.	HSC DHSSPS District Councils Vol/Com FSA Safefood HFfA		<p>PHA - Supports a range of programmes including the <i>Cook it!</i> programme, <i>Community Allotments</i>, the <i>Small Grants Programme</i>.</p> <p>Safefood - <i>*Community Food Initiatives</i> - the demonstration programme 2010-12 finished in December 2012. An evaluation report outlining the key learning was launched on 14 March 2013. 10 new <i>Community Food Initiatives</i> have been chosen for the 2013-15 programmes, 3 of which are from NI^{xlix}.</p> <p>Councils - Participation in District Council pilot of the NI <i>Healthy Eating Award</i> which was evaluated by the FSA. Southern Group – Continued delivery <i>Cook it!</i> and <i>Weigh to Health</i> programmes. Belfast – <i>Healthy Chinese Project</i>. Coleraine – <i>Cook it!</i> delivered. Omagh DC – <i>Little Choices Awards</i> to improve the healthiness of foods offered to children when eating out in catering establishments.</p>	

AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Outcome	Delivery Partners	RAG	Update	Next Steps
7. Labelling of alcoholic containers increases awareness of the calorific content of alcohol.	UK Jurisdictions DHSSPS Alcohol Industry		DHSSPS/PHA - This is an EU matter. DHSSPS continues to make recommendations for this through the UK Responsibility Deal. Some brands are producing labels with calorific content however this is neither across the board nor usual practice.	
8. Families, groups and communities in areas of deprivation supported to increase knowledge of good nutrition, practical cooking skills and food budgeting.	HSC DHSSPS FSA Vol/Com DSD District Councils SafeFood		DHSSPS/PHA - Supports the delivery of <i>Making Life Better, Cook it!</i> programme, <i>Small Grants Programmes, Community Allotments</i> . DSD - Continues to support Healthy Living Centres as part of Social Renewal. Councils - Southern Group – <i>Cook it!</i> and <i>Weigh to Health</i> programmes are aimed at groups and individuals that live in areas of deprivation or to those groups/individuals who are disadvantaged for other reasons. Belfast – <i>Grub's Up</i> delivered. Carrickfergus – <i>Healthy Lives Project</i> . Coleraine – <i>Tasty Nosh for Less Dosh</i> : Cookery demonstration to promote healthy eating on a budget. Ballymena – <i>Grub's Up, Mums' Health Matters</i> course in conjunction with Surestart. <i>Cook it!</i> Ballymena (South) – Food poverty project involving nutrition, menu planning, budgeting, growing your own and practical cooking skills.	PHA - In association with SafeFood , the '101 Square Meals Cookbook' has been adapted for use in NI and will be disseminated in 2014.
9. Coordinated approach to address food poverty developed.	HSC DHSSPS PHA FSA HFfA Vol/Com SafeFood District Councils OFMDFM CDHN NICVA		Food Poverty Network – This group was set up in 2010. It is currently establishing a baseline for poverty for the whole Island of Ireland and includes representation from DHSSPS, PHA, DSD, SafeFood (co-chair), FSA (co-chair) and IPH. Recent work includes adding EU SILC food deprivation measures within the 2013-14 Health Survey for Northern Ireland and establishing a pilot research project in NI to investigate the cost of a healthy food basket across two types of household. (safeFood , FSA NI and Consumer Council NI) PHA - Supported through <i>Cook it!</i> ; <i>Small Grants Programmes</i> ; <i>Community Allotments</i> ; <i>*MARA</i> ; and Funding for food/food redistribution/food vouchers including Food Banks. FSA - Since 2010, the FSA in NI has jointly funded a <i>FareShare</i> depot with the	FSA - An independent audit of retail food promotion will be commissioned in 2013/14 (in partnership with the Consumer Council for Northern Ireland).

Outcome	Delivery Partners	RAG	Update	Next Steps
			<p><i>Council for the Homeless Northern Ireland (CHNI)</i>. Working with CHNI to progress recommendations arising from the Consumer Council's <i>Hard to Stomach'</i> publication.</p> <p>Safefood - The new <i>Community Food Initiative Programme</i>ⁱⁱ 2013-15 was launched on 11 April. Three recipients are in Northern Ireland. Safefood also launched a brief entitled <i>Measuring Food Poverty</i> in October 2012ⁱⁱⁱ.</p> <p>Councils – Belfast - An officer is currently in post working on an action plan to tackle health inequalities including food poverty. Belfast Health Development Unit, Belfast CC and the PHA are developing a toolkit to reduce the impact of poverty in Belfast, focussing on benefits, nutrition and fuel poverty. Carrickfergus Food Forum launched to address food poverty issues. Coleraine BC held a Food poverty Conference in 2014. Food poverty projects also implemented in Ballymoney, Coleraine and Carrickfergus council areas and, through funding provided to <i>FareShare</i>, community members providing meals to vulnerable and disadvantaged groups are being assisted in the seven council areas.</p>	
<p>10. Nutritional standards in social care settings (including nursing and residential homes and facilities for people with learning disability and mental health conditions) revised and implemented.</p>	<p>HSC DHSSPS FSA Vol/Com</p>		<p>DHSSPS - Nutritional Standards <i>Promoting Good Nutrition – A Strategy for good nutritional care for adults in all care settings in Northern Ireland 2011-2016</i>ⁱⁱⁱ are available.</p>	<p>PHA - Updated nutritional guidelines for nursing and residential facilities are under development and will be published and disseminated in 2014. Training will be delivered to support new guidelines.</p>




AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Outcome	Delivery Partners	RAG	Update	Next Steps
11. Northern Ireland food manufacturers continue to be encouraged to reformulate their food to reduce saturated fat, sugar, salt, calorific value and provision of smaller portion sizes of energy dense foods.	FSA District Councils Food Industry Invest NI Private Sector		<p>FSA - Continues to work with NI Food Manufacturers on a number of issues including portion size and reformulation and <i>*Front of Pack</i> labelling.</p> <p>Councils - Advice issued through food standards inspections and food sampling. Also took part various surveys including; salt, saturated fat in bakery products, sandwiches, and MSG in Chinese meals.</p>	
12. Pre-packed foods labelled with simple, easy to understand, front of pack nutritional information to allow consumers to make an informed choice.	FSA HSC Vol/Com Food Industry District Councils Invest NI SafeFood		<p>FSA - Launched the new food labelling scheme in June 2013. The UK nutrition label is being communicated with NI food manufacturers and retailers through planned workshops including CAFRE, Cookstown, and 1-2-1 meetings. To date, two manufacturers are committed to revising their labels and a number are seeking specific advice and assistance prior to announcing their commitment. NI specific research is currently being finalised on consumer awareness, engagement and understanding of the revised front of pack label to inform the key messages and structure of a forthcoming consumer campaign.</p> <p>Councils - Support to businesses and advice issued through food standards inspections. Planned seminars for manufacturers, bakers, butchers and caterers in June-Dec 2014 to inform on Food Information Regulations</p>	<p>FSA - Consumer awareness campaign is planned for 2015. A cross-government evaluation will be carried out of the UK Front of Pack scheme and reported back to the European Commission, for their planned review in 2017.</p>
13. Food retailers encouraged and enabled to consider reducing point of sale placement of foods which are high in fat,	FSA HSC District Councils Invest NI SafeFood		<p>FSA - Continues to work with retailers to encourage more responsible advertising within shops and to support customers to make healthier choices.</p> <p>SafeFood - has requested retailers to consider sweet free check outs to support parents to avoid pressure from children while shopping.</p>	<p>FSA - In partnership with the Consumer Council for Northern Ireland (CCNI), FSA plan</p>

AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Outcome	Delivery Partners	RAG	Update	Next Steps
salt, sugar and increasing exposure to promotion of healthier foods.	Food Industry		Councils - Carrickfergus has run a <i>Small Steps to Healthier Choices</i> initiative with local takeaways.	to commission NI-specific research to provide recommendations on strategies within retail stores to increase consumer accessibility to healthier food products sold on promotional offers.
14. Improved nutritional content of menu choices including regulation of portion sizes and the provision of appropriate nutritional information for consumers by caterers.	FSA HSC District Councils Food Industry Invest NI SafeFood		<p>FSA - Undertook a pilot scheme, <i>Caloriewise</i>, between May and October 2012, to encourage caterers in the display of Calorie information for their menu choices in NI. The evaluation was published in December 2013. Calorie information on menus in catering settings is being progressed with a launch of Northern Ireland scheme planned for 2015.</p> <p>Councils – Environmental Services - Participation in the pilot of the <i>NI Healthier Eating Award</i> (2012). Provides nutritional advice to businesses when requested. Belfast – <i>Healthier Chinese Project</i>. Proposed initiative to work with local sandwich shops to improve nutritional content of their products. Coleraine – <i>Health Options Award Pilot</i> (takeaways that provide a health option achieve an award).</p>	
15. Minimum Nutritional Standards developed for all public sector procurement of food and drink.	HSC FSA SafeFood DHSSPS District Councils		<p>PHA / FSA – Are working in collaboration to advise on the improvement of procurement of food and drink by HSC organisations. Provided relevant advice to the Regional Central Procurement Directorate (CPD) for the review of the procurement guidance integrating sustainable development into procurement of food and catering services.</p> <p>PHA - WHSCT chairs a Health Service Workplace Working Group to advise on actions to support better nutrition and greater physical activity amongst HSC employees.</p>	

AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Outcome	Delivery Partners	RAG	Update	Next Steps
16. All public sector facilities (including those open to the public, e.g. leisure centres, council facilities) have in place and comply with minimum nutritional standards and nutritional policies including healthy vending.	<p>District Councils</p> <p>HSC</p> <p>FSA</p> <p>DHSSPS</p> <p>Food Industry</p>		<p>Councils - A number of Councils already have a Healthy Eating Policy in place for Council events and meetings. Southern Group – A Survey on Food Vending has been undertaken.</p> <p>DHSSPS/HSC - Work is being taken forward in two main areas: A Health Service Workplace Working Group and the issue has also been included in the draft Joint Commissioning Plan of the HSCB and PHA 2013/14 in order to highlight the need to implement consistent healthier eating policies.</p>	
17. Nutritional education qualifications incorporated into training programmes for those who work in the food and hospitality sectors through the relevant Sector Skills Council.	<p>FSA</p> <p>HSC</p> <p>DEL</p> <p>District Councils</p> <p>Private Sector</p> <p>BDA</p>		<p>FSA - Accredited courses are available. A Level 2 nutrition qualification is now a compulsory unit for all those completing professional cookery qualifications through the 6 NI Regional Colleges. Level 2 nutrition support materials have also been developed by the Regional Colleges in partnership with the FSA, to assist those undertaking or delivering level 2 courses with a nutrition remit.</p> <p>Councils - CIEH Level 2 Award in <i>Healthier Food and Special Diets</i> delivered.</p>	
18. Employees are supported and encouraged to be more active in the workplace and undertake less sedentary behaviour.	<p>HSC</p> <p>DETI</p> <p>DHSSPS</p> <p>DCAL</p> <p>DRD</p> <p>HSE</p> <p>District Councils</p> <p>Private Sector</p>		<p>DHSSPS/PHA - The PHA continues to work with key partners to encourage employers to plan and implement effective approaches to improve the health and well-being of employees; including encouraging the private and public sector to undertake work through engaging with local communities to impact the people, places and communities in which employees live and work. The PHA supported a Business in the Community conference on Workplace Health on 23rd January 2013 and the delivery of the <i>£ for lb</i> 12 week weight loss challenge. Healthy food & drink choices in catering facilities in all offices, Health fairs and health checks and <i>Bike to Work</i> programme.</p>	




AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Outcome	Delivery Partners	RAG	Update	Next Steps
	BITC		<p>DRD - In January 2013 DRD launched their <i>Active Travel Strategy</i> which covers topics such as travel to and from the workplace. <i>Travelwise</i> currently supports 20+ organisations per year (approx 100,000 employees) to promote walking and cycling as part of <i>Workplace Travel Plans</i>.</p> <p>HSC (Belfast Trust) - Continues to implement its own workplace health initiative to encourage staff to be more physically active. The Trust has its own Active Travel Strategy.</p>	
19. Reviews of planning policies take account of the impact of planning on health and opportunities for sustainable physical activity.	DoE DRD DCAL CAAN DHSSPS District Councils NIEA		<p>DOE - Will deliver this primarily through its function in developing planning policy. The issue of health and well-being will also be dealt with in a new high level strategic planning policy statement which will be in place for the transfer of planning functions to councils.</p> <p>DRD - This is considered through the <i>Active Travel and Accessible Transport Strategies</i> and plans. The latest <i>Accessible Transport Strategy Action Plan</i> to cover 2012-2015 was launched in Jan 2013 and this contains outcomes specific to those with disability or mobility issues. It is reviewed annually and in May 2014 the 2nd Year Monitoring Report was published.</p> <p>DCAL - This is considered through the <i>Sport Matters Strategy</i> and through working with the Planning Service on <i>PPS8 (Open Space) Planning Guidance</i>.</p> <p>NIEA - NIEA encourages participation in various forms of countryside recreation through the provision of outdoor recreation facilities at its Country Parks and Countryside Centres. NIEA also runs the Natural Heritage Grant Programme which can award grant aid for project funding to District Councils and strategic funding or project funding to Non-Governmental Organisations such as the Lagan Valley Regional Park and Outdoor Recreation Northern Ireland to develop outdoor recreation projects. This grant aid has lead to the development and improvement of outdoor recreation opportunities in Northern Ireland as well as the Way Marked Ways around Northern Ireland. NIEA continues to support the re-launched Ulster Way long-distance footpath and will consider councils applying for small grants (under £10,000) for strategic works on the Ulster way, providing</p>	



AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Outcome	Delivery Partners	RAG	Update	Next Steps
			opportunities for a more challenging walking experience. In addition NIEA worked with key strategic partners including Sport NI and NITB towards the development of the Outdoor Recreation Action Plan for Northern Ireland which was published in Spring 2014. Health and well-being, social inclusion and cohesion, as well as enjoyment for everyone, was one of the main considerations when developing the Action Plan.	
20. Greater access to public and privately owned land.	DoE ORNI District Councils All Government Departments Forest Service		<p>DoE/NIEA - <i>PPS 1 General Principles, PPS 3 Access, Movement and Parking and PPS 7 Quality Residential Environments</i> all refer to the facilitation of cycle and pedestrian facilities - which in turn will assist in the promotion of healthier lifestyles. As part of the policy development process DoE normally consults with a range of health organisations when preparing new planning policy.</p> <p>DE - The Department issued <i>Guidance on the Community Use of School Premises</i> to all schools, Education and Library Boards and other key stakeholders including NICVA and NILGA in January 2014.</p> <p>DCAL - This is supported through the <i>Sport Matters Strategy</i> and work is ongoing with the Environment Agency.</p>	DoE - Will continue to promote an approach to the development and the use of land which is supportive to the health and well being of people within future planning policy.
21. Joint undergraduate module on healthy urban planning developed.	DRD DHSSPS DoE HEIs BHC		This has not moved forward and consideration will be given to remove this outcome as part of the three-year review process.	
22. Active Travel Strategy developed for Northern Ireland.	DRD DARD DoE HSC DCAL Vol/Com CAAN		<p>DRD - <i>An Action Plan for Active Travel in NI 2012 – 2015</i> was published in Aug 2013. The latest <i>Accessible Transport Strategy Action Plan for 2012-2015</i> was launched in Jan 2013, and is reviewed annually. In May 2014 the 2nd Year Monitoring Report was published and this report contains outcomes specific to those with disability or mobility issues.</p> <p>DoE - Supports this through <i>PPS1 General Principles, PPS3 Access, Movement and Parking</i> and <i>PPS7 "Quality Residential Environments"</i> which all refer to the facilitation of cycle and pedestrian facilities.</p>	





AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Outcome	Delivery Partners	RAG	Update	Next Steps
23. The new CMO Physical Activity Guidelines for adults and older people published and disseminated.	DHSSPS HSC Sport NI DCAL Vol/Com DRD		DHSSPS/PHA - The PHA commissioned 'Moving More Often' training in 2013/14 to support the promotion of physical activity in older people.	
24. More people are aware of and have access to local facilities and opportunities for organised and non-organised physical activity.	HSC DCAL District Councils Sport NI Vol/Com		<p>PHA - Continues to support ongoing work with local government and Trusts. Examples include: outdoor gyms and activity trails, <i>Community Allotments</i> schemes, taster sessions, <i>Walking for Health</i> programmes and <i>Couch Potato to Runner Bean</i> initiatives.</p> <p>DCAL - Supported through the <i>Sport Matters Strategy</i> and actions towards meeting their associated Travel Time target which is - <i>by 2019, to ensure that 90% of the population have quality accredited; multi sports facilities that have the capacity to meet demand, within 20 minutes travel time.</i></p>	
25. <i>Sport Matters Strategy</i> implemented.	DCAL DHSSPS HSC Sport NI District Councils Vol/Com DE		<p>DCAL - Continues to support Sport NI in the delivery of the <i>Sport Matters Strategy</i>. Other Departments also continue to support this strategy where relevant.</p> <p>Sport NI - In Nov 2013 Sport NI finalised and published <i>Northern Ireland's Sport and Physical Activity Survey 2010</i>. Sport NI continues, with partner organisations, to deliver the 26 targets within the Strategy for Sport and in particular the 11 targets that relate to increasing participation. Continues to invest in the <i>Active Communities</i> programme. In January 2014 SNI confirmed an extension to the programme to March 2015. Over the period 2010-2015 SNI will have invested in £12.5m programme delivery. In 2013-14 approx. 105,517 people participated approx. 1m times. Published a document promoting community use of the schools' sports estate in Jan 2014, as well as launching a £500k programme to fund the costs of local communities gaining access to these facilities for sport and physical recreation.</p>	

AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Outcome	Delivery Partners	RAG	Update	Next Steps
26. Greater involvement of under-represented groups in recommended levels of physical activity.	HSC DCAL DHSSPS Sport NI District Councils Vol/Com		<p>PHA - A wide range of initiatives and programmes are being delivered by the C&V sector, which contribute to increasing opportunities and participation in physical activity. For example, <i>Heart Towns</i> initiative by BHF. Examples also include: outdoor gyms and activity trails, <i>Community Allotments</i> schemes, taster sessions, <i>Walking for Health</i> programmes and <i>Couch Potato to Runner Bean</i> initiatives and <i>Green Gyms</i>.</p> <p>DCAL - Supported through the <i>Sport Matters Strategy</i> which has specific targets set for under-represented groups.</p> <p>Sport NI - Continues to work with partner organisations to deliver the 26 targets within the Strategy for Sport and in particular the 11 targets that relate to increasing participation.</p>	
27. Community and Voluntary sector supported to provide increased opportunities for participation in recommended levels of physical activity.	HSC DCAL Sport NI DHSSPS Vol/Com District Councils		<p>PHA – See Above.</p> <p>District Councils/NILGA - Western Area – <i>*Inspiring Communities to Get Active Together Stakeholders</i> involved are the PHA, 5 Councils in the West, Western Group Environmental Health Service, WHSCT, Community & voluntary representatives. Local action plans were developed with cluster pilots focusing on value added due to consistent co-ordination & communication e.g. <i>Bike Week</i>. Electronic counters have been installed across the cluster to monitor use of walking routes and active travel maps have been developed and published for all Council areas.</p> <p>Sport NI - Supported delivery of this outcome through investment in <i>Active Communities</i> (£3m, approx 106,000 participants) and the <i>Active Awards for Sport Small Grants Programme</i> (£1.5m).</p>	


DATA AND RESEARCH

Outcome	Delivery Partners	RAG	Update
1. Action Plan developed to ensure sustained collection of robust data in respect of obesity.	HSC QUB IPH Safefood CIEH FSA UU Vol/Com		<p>ROPIG - Circulated a draft report on baseline activity on 24 April 2013. An updated version was circulated at the end of 2013. The <i>Obesity Hub</i> is the collated source of ongoing data and evaluation. A set of key indicators for obesity have been agreed by the ROPIG.</p> <p>FSA - *<i>National Diet and Nutrition Survey (NDNS)</i> NI Regional Report. The report will contain a NI/UK comparison. The NI regional report is due to be published in January 2015. Funding for Years 6 and 7 (2014-2015) has now been agreed with Years 8 and 9 (2016-2017) being considered. Year 7 (2015) will include a urinary sodium survey.</p> <p>Safefood - Has extended funding for the NDNS as well as: recently published results from the <i>Economic cost of obesity on the island of Ireland</i> research project^{iv}; actively participating in regional obesity steering group evaluation and the Safefood Scientific Advisory group has reported on Nutrition surveillance future needs for island of Ireland</p>
2. Obesity Hub developed to ensure the linking and co-ordination of data from multiple measurements and monitoring.	HSC IPH QUB UU Safefood Sport NI		<p>IPH - Updated obesity-related indicators in Community Profiles Tool^{iv} and created new Mid-Childhood, Adolescence and Early Adulthood themes which contain obesity-related indicators.</p>
3. Progress measured against the target and all the indicators set out in this Framework.	HSC IPH QUB UU		<p>ROPIG - A set of key indicators to monitor progress against the obesity targets have been agreed by the ROPIG. An annual ROPIG Action Plan is agreed and implemented, informed by available resources and agreed priorities.</p>
4. Monitoring and evaluation toolkit	HSC Safefood		<p>PHA - An evaluation toolkit is available from the <i>National Obesity Observatory</i> and it has been agreed that a separate toolkit for NI is not appropriate or required.</p>

AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Outcome	Delivery Partners	RAG	Update	
developed and used.	Obesity Hub IPH UU QUB		IPH - As part of work of the HRB Centre for Health and Diet (UCC/UCD) and in collaboration with Public Health England, IPH is leading a project to further develop evaluation frameworks and toolkits for obesity related interventions. The PANI Tool will be used as their searchable online database.	
5. Research needs of the Framework identified and a research programme developed, potentially covering: <ul style="list-style-type: none"> • determinants of overweight and obesity; • good practice; • economic and social impacts; and • sustainability. 	HSC UU QUB Safefood Sport NI IPH CIEH		<p>Safefood - Research programme supports the evidence base. Recent research published includes:</p> <ul style="list-style-type: none"> • <i>Examining Nutrition Surveillance on the island of Ireland^{vi}</i>. • <i>The cost of overweight and obesity on the island of Ireland</i> - The overall aim of the project was to provide a comprehensive assessment of the cost of overweight and obesity on the island of Ireland. The report was launched in November 2012. • <i>Consumer knowledge, attitude and reported behaviour around portion sizes (due for publication in November 2014)</i>. • <i>health professionals' attitudes to body weight status (published in 2013)</i>. <p>Sport NI - Developed a research strategy covering the period 2013-2017. The overall aim of Sport NI's research programme is to: "Conduct high quality research which contributes towards evidence-based decision making in sport to realise strategic policy, reinforces the case for the value of sport, and enhances the effectiveness of our investment."</p>	
6. Audit undertaken of existing research and evaluations, and the information collated on a live database.	HSC IPH UU QUB Safefood CIEH		<p>IPH - Resources from <i>Healthy Food for All</i>, <i>Centre for Physical Activity and Health Research at UL</i>, and PHE Obesity (formerly <i>National Obesity Observatory</i>) are now automatically included in the Physical Activity and Nutrition Intervention Tool (PANI) on the <i>Obesity Hub</i> and updated on an ongoing basis. The PANI Tool now contains over 220 interventions with details of their development, delivery, evaluation and perceived effectiveness. Users can either search the database or browse it by map.</p> <p>Safefood - All research funded by safefood is available at www.safefood.eu and disseminated through the All-island Obesity Action Forum</p>	

AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Outcome	Delivery Partners	RAG	Update	
<p>7. Improved service delivery and policy development through the analysis and dissemination of information from surveillance, evaluation and wider research.</p>	<p>HSC IPH UU QUB Safefood FSA Sport NI Obesity Hub</p>		<p>PHA - Research updates are widely disseminated through the <i>All-Ireland Obesity Action Forum</i> and network.</p> <p>Safefood - led on a range of work including:</p> <ul style="list-style-type: none"> • Body Weight Perception^{vii}; • <i>Nutrition Takeout Series</i>; and • <i>Examining Nutrition Surveillance on the island of Ireland</i>. <p>QUB - Will be involved in the development of standards monitoring templates to help build the evidence base of the effectiveness of PARPs for sedentary patients in the management of their health conditions.</p> <p>FSA - Kantar Research on Household Food and Drink Purchasing and Nutrient Data in NI. Data collected to provide insight into the overall take home diet; inform measurement of Obesity Prevention strategy marker foods and help inform the FSA in NI's work going forward with retailers and industry.</p> <p>IPH - Continues to maintain <i>The Health Well</i> which updates research on a number of issues including:</p> <ul style="list-style-type: none"> • <i>Chronic Conditions Hub</i>^{viii}; • <i>Obesity Hub</i>; and • <i>Weigh to a Healthy Pregnancy</i> Webgroup. 	<p>Sport NI - has recently developed/ approved a business case for investing in the second tranche of the SAPAS in 2014/15 and 2015/16. Further updates will be provided in due course.</p>

PROGRAMMES, PROJECTS AND INITIATIVES

Active8 Eatwell – FSA and Sport NI

One of the strands within the Sport NI Active8 programme and designed to enable primary school children to lead active and healthy lifestyles by developing their awareness, understanding and appreciation of the relationship between physical activity and healthy eating. It links into the NI curriculum and provides inclusive and connected learning opportunities that assist teachers to plan, teach and assess the relevant statutory requirements of the NI Primary Curriculum within both Personal Development and Mutual Understanding and Physical Education.

- *Active8* Sport Leaders programme delivered in partnership with Youth Sport Leaders UK, schools and district councils.
- *Active8* Big Start 2014 comprehensive school engagement programme to raise awareness of, support and enable active travel amongst children and young people as part of Giro d'Italia 2014.
- *Active8* Eatwell - to enable primary school children to lead active and healthy lifestyles by developing their awareness, understanding and appreciation of the relationship between physical activity and healthy eating.

Active Communities Programme – Sport NI

A lottery funded initiative that aims to increase participation in sport and physical recreation in Northern Ireland. Sport NI is working in partnership with district councils to help over 100,000 people get active and stay active. Over 100 Active Communities Coaches will be deployed in communities and will be responsible for delivering a wide range of sports and activities.

Active Schools Travel – DRD/PHA

The Active School Travel Programme will be delivered to at least 60 schools per year (180 in total) over a three year period to encourage pupils to adopt walking and cycling as their main mode of transport to and from school.

Baby Feeding Law Group Ireland

Aims to protect breastfeeding by ensuring that infant feeding choices are as free as possible from commercial interests, and that compliance with the International *Code of Marketing of Breast Milk Substitutes*^{lix} is progressed.

Best Beginnings

Best Beginnings was set up in 2006 and became a registered charity in July 2007 and made breastfeeding its primary focus for the first two years. From autumn 2008 to November 2010 every pregnant woman in the UK received a copy of the free Best Beginnings DVD *From Bump to Breastfeeding*. Their work also includes the *Small Wonders* project for sick and premature babies and the *Preparing for Parenthood* project, both of which aim to reduce the health gap that exists for so many young children in the UK.

Choose to Live Better

This public information campaign was launched in January 2013. Phase 1 is an advert with both male and female focussed versions highlighting small changes to achieve weight loss.

Phase 2 looks at using YouTube, Google search and Facebook advertising. Supporting material, including leaflets and posters have been distributed to Trusts, GPs and pharmacies across Northern Ireland.

Community Food Initiative

The new *Community Food Initiative* Programme 2013-15 was launched on 11 April. Each project has been awarded funding to a maximum of £35,000. Three recipients of the CFI Programme 2013-15 funding are in Northern Ireland:

- Windsor Women's Centre - *Food for Thought* (Belfast).
- Cloughmills Community Action Team - *Incredible Edible* Cloughmills (Antrim).
- Gortin Community *Seasonal Eating* (Tyrone).

Cook it!

This community-based nutrition education programme aims to increase knowledge and understanding of healthy eating and good food hygiene, and to increase cooking skills. It was developed specifically for use with people living in disadvantaged circumstances. At present it is being adapted for use with people with learning disabilities and for those from Black and Minority Ethnic (BME) communities.

Curriculum Sports Programme

This aims to develop pupils' physical literacy skills and to support teachers in developing their confidence in delivering the PE curriculum.

Early Movers – British Heart Foundation

The Early movers guide was produced to help and support plans and organisation of developmentally appropriate physically active play environments for children under five. It aims to help build on existing practices by supporting the adoption of a whole setting approach to physical activity and providing ideas to extend physical activity provision. It will also help to meet the learning and development requirements of the various UK curriculums, in particular for physical development.

Eat, Taste and Grow

Eat, Taste and Grow aims to increase awareness among primary school children in Northern Ireland of the origins of their food and local produce, and the role this plays in healthy eating.

Eatright.eu - Safefood and FSANI

This online resource, eatright.eu, was designed for trainers and teachers working with Early School Leavers (14-16-year olds, not in fulltime employment, education or training (NEET)). The resource aims to meet the needs of early school leavers in a non-traditional learning environment using a blended learning approach to make learning fun and covers a number of modules:

- A healthy eating module uses everyday food and meals to explain what food groups are and their role in maintaining a balanced diet.
- A food safety module explains the basics of food hygiene, food storage, preparation and cooking.
- A physical activity and energy balance module explains why physical activity is

important and how energy needs are met.

The resource complements nutrition related curriculum in a way that meets the specific nutrition needs of the Early School Leavers group. It develops practical skills that can be transferred into young people's lives outside of the centres and provides content in a format and style that is tailored to suit this group's needs.

Flames

Flames: Lighting the Way is a physical activity and health programme which aims to inspire, motivate and enthuse children and young people to be more active. The focal point of the programme is on the coaching of young leaders to deliver a programme of physical activity to primary aged children. Training, tools and resources are provided which can be embedded into a young leader's learning to help them gain the knowledge, skills and confidence to deliver health related activities.

Front of Pack (FoP) label

The label includes:

- Information on the energy value in kilojoules (kj) and kilocalories (kcal) per 100g/ml and in a specified portion of the product.
- Information on the amounts in grams of fat, saturates, sugars and salt in grams, in a specified portion of the product.
- Portion size information expressed in a way that is easily recognisable and meaningful to the consumer e.g. 1 burger.
- Percentage Reference Intake information based on the amount of each nutrient and energy value in a portion of the food.
- Colour coding, red, amber and green of the nutrient in the food. (text High, medium and low is optional).

For consistency with EU FIC, the term 'Reference Intake' has replaced 'Guideline Daily Amounts'. The colour coding on fat, saturated fat, sugars and salt can be used, at a glance, to determine the healthiness of a food, to compare it to other similar products and to consider the overall balance of a basket of food. Combining this, 'at a glance' information with the % of the daily reference intake per portion, will enable consumers to understand the contribution, per eating occasion/portion, which the food makes to their diet.

- **Red** means the food or drink is high in a particular nutrient that we should try to cut down on, eat less often or in small amounts.
- **Amber** means medium, and if a food contains mostly amber you can eat it most of the time.
- **Green** means low, and the more green lights a label displays the healthier the food choice

FoP - Support for the new scheme

All ten of the major UK retailers (including Tesco, Sainsburys, Asda, Marks and Spencer, Lidl, Co-op and Boots) along with a number of well-known brands (including McCain, MARS UK, Nestle UK, PepsiCo UK and Premier Foods) have pledged their commitment to the scheme and will be phasing the guidelines noted in the cross-government guidance to their labels as a natural part of their relabeling process so that consumers will see, and

begin to benefit from a move towards greater consistency. Locally, both Moy Park and Mash Direct have announced their commitment to the new scheme. This already accounts for more than 60% of the food that is sold in the UK.

FoP – Guidance

Cross-government guidance is available to assist manufacturers and retailers in the review of their labels. This guidance gives step by step assistance to ensure all labels developed meet the requirements and criteria for the new UK scheme and the guidance includes advice produced by British Retail Consortium on the design, presentation and positioning of the FoP label. The aim of the guidance is to provide consumers with a consistent, recognisable label scheme, wherever they choose to shop.

Give it a Go!

This was an exciting healthy living initiative in the Southern area designed to encourage everyone to get active, eat well and ultimately feel good! A road show was organised to engage with all sectors of the community and encourage participation in various activities. 'Give it a Go!' operated across the four Councils with various activities taking place including: Cookery demonstrations, *Man Alive* & female health checks, healthy eating advice from professional dieticians, fitness tests with trained instructors, leisure centre taster sessions – spin, zumba, kettle bells.

Green gyms

The Belfast PHA office commissions CVNI to provide people in Belfast with opportunities to be involved in the Green Gym programme which improves the environment as well as improving positive mental health, physical activity, personal development, horticultural skills and nutrition. The Green Gym programme targets individuals and groups experiencing health inequalities, with a minimum of 200 participants per year.

Healthy Food for Healthy Outcomes – Food in Schools policy – (DE/DHSSPS)

Published in September 2013. It comprises mandatory and discretionary elements and applies to all grant-aided schools. A supporting framework to oversee implementation of the policy is led by the Food in Schools Forum and supported by a regional Food in Schools Coordinator. <http://www.deni.gov.uk/food-in-schools-policy.htm>

Healthy Start

UK-wide statutory scheme which aims to improve the health of low-income and vulnerable families. Those qualifying for Healthy Start must be at least 10 weeks pregnant or have a child under four years old and be in receipt of certain benefits or tax credits; or be under 18 years and pregnant. Healthy Start vouchers can be exchanged for cow's milk, infant formula milk, fresh or plain frozen fruit and vegetables. Healthy Start beneficiaries are also entitled to free vitamin supplements. The Scheme acts as a nutritional safety net and encourages earlier and closer contact between health professionals, pregnant women and families from disadvantaged groups which will help support health needs. Healthy Start currently supports around 14,500 households in Northern Ireland.

The Health Well – IPH

This includes a *Chronic Conditions Hub* which serves as an authoritative source of data and publications (including estimates and forecasts of the prevalence of a number of obesity-

related conditions). The *Obesity Hub / The Health Well* website hosts a number of obesity-related websites: *Association for the Study of Obesity in Ireland (ASOI)*, *Weigh to a Healthy Pregnancy Webgroup*, *HSCT PHA Regional Physical Activity Coordinators Group*, *South Eastern Physical Activity Partnership* and the *Northern Ireland Public Health Research Network* (which contains a number of obesity-related Special Interest Groups). In 2013, IPH provided training on use of *Obesity Hub* and obesity-related interactive tools (*PANI*, *Chronic Conditions Prevalence Tool*, *Community Profiles Tool*) to academic (5 sessions) and non-academic (5 sessions) sectors with approximately 270 attendees in total. Approaches to addressing overweight and obesity was a key theme at IPH's Open Conference in 2013. Developed and manages (with QUB, HRB CHDR (UCC/UCD), Safefood) an all-Ireland obesity newsletter.

Hearty Lives – BHF

People living in the poorest areas of the country are, on average, more likely to die from coronary heart disease (CHD) than people living in the richest. BHF's This programme aims to reduce these inequalities in heart disease through working in partnership with local authorities, the NHS and non-profit organisations to improve the health of people at greatest risk of CHD. Since 2009, over 159,000 people have taken part in Hearty Lives activities.

Inspiring Communities to Get Active Together – Councils (Western)

The programme has focused on the potential of physical activity to achieve well-being impacts across a broad range of social domains including anti social behaviour, tourism/access to the countryside, motivation in the workplace, addressing long term unemployment, environmental sustainability, community cohesion & social inclusion, urban rural planning & educational achievement/attendance.

Let's take on childhood obesity' campaign – Safefood

A 3 year all-island public awareness campaign targeted at parents of children aged 2-12 years. It encourages parents to make practical changes to everyday lifestyle habits such as portion sizes, drinks and screen time, to make a big difference to the health and wellbeing of children - www.safefood.eu . In NI the campaign is run in partnership with Choose to Live Better.

Little Steps

Developed by Safefood and the Health Service Executive in collaboration with the PHA. The resource offers families practical advice and support in trying to make little changes to their diet and physical activity. Promotion of this page is currently via web/social media. <http://www.littlesteps.eu/>

Make a Change

Part of the Joint Working Arrangements Action Plan between Cookstown, Dungannon and Magherafelt Councils, the Northern and Southern HSCTs and the PHA. It is aimed at people aged 18 years or over, who are not currently in paid work and who would like to make a small change in their lifestyle for the benefit of their health. The focus this year (2013) is on getting more active or eating more healthily but the Officers can also signpost to other services while still offering support in the background if this is appropriate. A Make a Change Health Support Officer is in place in each Council area as part of a pilot project to

test the approach.

MARA (Maximising Access to Services, Grants and Benefits in Rural Areas)

The MARA project seeks to improve the health and social well-being of people living in rural areas in Northern Ireland. It is funded by DARD and delivered by the PHA. The aim of MARA is to increase awareness of, or help households/individuals access local services, grant or benefits thus supporting those rural dwellers living in or at risk of poverty and social exclusion. To date 5000 households have received help and support through the MARA project. As this initiative tackles overall poverty, it would be expected also to have a positive impact on reducing food poverty in rural areas.

Minimum Care Standards

This standard is based on the guidance set out by PHA in "Nutrition Matters for the Early Years" which was recently revised and reprinted. It includes detailed guidance on nutrition for the under 5s, including meals, snack, drinks; information on special dietary requirements such as for allergies, religious dietary practices, e.g. for Muslim, vegetarian children; information on how to deal with fussy eaters; Menu checklist to assess adherence with dietary guidelines; information on oral health and physical activity; and contact details for Early Years teams in Trusts.

National Diet and Nutrition Survey

FSA NI, Safefood and DHSSPS, bought a NI boost within the UK-wide NDNS. Three years were purchased (200 respondents per year). Year 4 was then negotiated with the departments deciding not to purchase Year 5. The composite NI report for Years 1 to 4 of NDNS (2008-2012) will include data analysis from 465 adults and 506 children. The outline has been agreed for the NI report using UK as a template. Points to note are that, due to fewer numbers surveyed, males and females 65+ are one group and there will not be as much supplement analysis included.

The Play and Leisure Implementation Plan

The aim of the policy is to establish play within a policy framework that will place high value on play and leisure as an essential element in the development of children's lives, families, communities and society. <http://www.ofmdfmi.gov.uk/index/equality-and-strategy/equality-human-rights-social-change/children-young-people/play-and-leisure-policy.htm>

Play and Leisure Partnerships

Will engage local communities in the planning of play and leisure opportunities to meet the needs of children and young people in their areas. The Partnerships will take forward a range of tasks including the adoption of an evidence-based approach to the delivery of services and will seek to actively promote play to parents, children and the broader community through highlighting the benefits for children's health and in particular the important part it can play in tackling childhood obesity.

Sammy Sally

'Sammy and Sally Grow Together'. This book encourages pre-school children to learn about growing food. Two copies of this book along with one copy of the first book 'When Sally met Sammy' was disseminated along with a pack of cress seeds to each preschool on

the island of Ireland in spring 2012 and the feedback was collected through an evaluation form.

Small Grants Programmes

These provide a means of engaging with and providing small sums of money to community organisations, to support health improvement programmes, many of which focus on healthier eating and are located in areas of disadvantage.

Sport and Physical Activity Survey 2010

A large-scale adult participation survey which provides baseline data for participation rates that is cognisant of the recommendations of the Chief Medical Officers in the UK. In addition the research provides baseline information for many of the targets identified within Sport Matters.

Sport Matters Strategy

The Northern Ireland Strategy for Sport and Physical Recreation, 2009 – 2019 - Sport Matters was developed by DCAL, in partnership with Sport NI, and approved by the NI Executive in December 2009. Through *Sport Matters* DCAL aspires to secure:

- A world class start and lifelong involvement in sport and physical recreation for all people.
- World class performances by teams and individuals.
- A sustainable sporting and physical recreation culture that contributes to broader Government objectives.

As part of the implementation of *Sport Matters*, a ministerial chaired Sport Matters Monitoring Group, which is responsible for monitoring and overseeing the delivery of *Sport Matters*, has been established.

Sport Matters: Community Capital Programme

This is a capital grants programme managed and administered by Sport NI. It aims to support the outcomes of *Sport Matters* and increase participation in sport for those who have not previously been engaged in sport and physical recreation. An overarching imperative for the programme is that facilities developed as a result of awards made should be open to all sections of the community for the encouragement of a wide range of sports.

Start to Play

Early Years programme to engage young children (0-5 years) in physical activity and play.

Stop the Spread

This Safefood campaign encourages people to measure their waist and reflect on their own weight as individual recognition of body weight status is one of the main barriers to tackling overweight and obesity on the island. The campaign comprised of television, radio, social and digital media.

SureStart

This is a government led initiative aimed at giving every child the best possible start in life and which offers a broad range of services focusing on Family Health, Early Years Care and Education and Improved Well Being Programmes to children aged 4 and under.

Take Away My Way

Safefood in association with St. Angela's College, Sligo have launched 'Take Away My Way', a cookery competition which challenges post primary students in NI and ROI to take on their takeaway by cooking a healthier version of their favourite takeaway dish. Now in its third year, the competition is open to all post-primary school students on the island of Ireland including students in Youthreach centres.

Top Marks

This programme recognises the important role of schools in contributing to childhood nutrition and the development of the knowledge and skills necessary to make healthier food choices. As part of this programme there has been a range of resources and training provided to schools and key staff groups to support the implementation of the nutritional standards for school food and encourage schools to adopt healthier food choices.

Travelwise

Travelwise NI is an initiative to encourage the use of sustainable transport options such as walking, cycling, public transport or car sharing.

Weigh to a Healthy Pregnancy

This programme is a pilot intervention being undertaken across all Trusts. All eligible women with a BMI of 40 or more at booking (around 500 women per year) are being recruited to the intervention which will last throughout pregnancy and until 6 weeks post-natally. The pilot will be thoroughly evaluated and subject to the outcomes of that evaluation, may be mainstreamed or rolled out further. A programme of training has been developed for all HSC staff involved with the delivery of the pilot. The PHA is also supporting a post-pregnancy intervention study to improve healthy eating and physical activity for women with gestational diabetes.

Weigh2Live

This is an online resource which provides free, independent advice for losing weight (and keeping it off) in a healthy, sustained way. It's practical and contains interactive tools.
http://weigh2live.safefood.eu/?ga_source=www.weigh2live.ie

'What's on a label?'

Developed jointly by safefood and the FSA NI, this is endorsed by the Council for the Curriculum, Examinations and Assessment (CCEA). This resource is designed to assist Home Economics teachers to deliver the food labelling content of the GCSE and GCE Home Economics specifications. It has been created to be engaging and provides many practical examples to assist students to learn in an interactive way.

UP4IT!

The UP4IT! healthy lifestyle programme aims to address childhood obesity by providing community-based, family-centred programmes. UP4IT! works with parents of under 5's, or those with an overweight child aged 8-11 years.

UPDATE ON INDICATORS

Indicator	Survey and links	Baseline data	Current available stats
% of overweight/obese expectant mothers	Antenatal clinics upon collection at 'booking in' appointment of the health check for expectant mothers (at around 12-14 weeks).	NI Maternity System (NIMATs) - 2010/11 48% at the time of booking considered pre-obese (overweight) – based on BMI.	NI Maternity System (NIMATs) - 2012/13 49% at the time of booking considered pre-obese (overweight) – based on BMI. DRAFT
% mothers breastfeeding at: <ul style="list-style-type: none"> • Birth; • Discharge from hospital; • At 10-14 days; • 6 weeks; • 3 months; and • 6 months. 	Infant Feeding Survey (IFS) 2005, 2010 http://data.gov.uk/dataset/infant-feeding-survey-2010 Child Health System (CHS)	IFS 2010 - 64% breastfeeding at birth 47% at one week, 33% at six weeks, 16% at six months 9% at nine months IFS was due to run in 2015 however it is not going ahead.	Breastfeeding on discharge: 2010 = 45.8% 2011 = 44.6% 2012 (p) = 42.3% 2013 (p) = 45.6% <i>Data will remain provisional until publication of the HSCIMS Report in 2014.</i>
% of infants introduced to weaning foods at six months.	Infant Feeding Survey (IFS) http://data.gov.uk/dataset/infant-feeding-survey-2010	IFS 2010 - in 2005, 51% of mothers had introduced solid foods by four months (instead of at six months as recommended), but by 2010, it had fallen to 30%.	IFS was due to run in 2015 however it is not going ahead.
% of Early Years providers compliant with nutritional standards.	To be discussed/developed		
% of young children eating appropriate portions of fruit/veg per day.	Health Survey Northern Ireland (HSNI) 2010-11 will provide this data for 2-15 year olds. http://www.dhsspsni.gov.uk/index/stats_research/stats-public-	Note – The NDNS rolling results from 2008/09-2010/11 state that the UK recommendation is 5 portions of fruit/veg per day for children over the age of 11.	

Indicator	Survey and links	Baseline data	Current available stats
Prevalence of diet associated risk factors diagnosed in children and young people.	health.htm National Diet & Nutrition Survey (NDNS) http://nationaldiet.co.uk/		NDNS 4 year report for Northern Ireland due to be published by end of 2014.
% of overweight and obese children in P1.	Child Health System (CHS)	CHS – 2008/09 5.3% of children in P1 were obese. 22.5% overweight or obese.	Health and Social Care Inequalities Monitoring System (HSCIMS) 2012^{ix} - between 2008/09 and 2010/11, the proportion of children that were obese rose to 5.8% in NI, however given that this increase occurred solely in the final year it is not possible to conclude if this is early evidence of an upwards trend. Despite an initial increase between 2008/09 and 2010/11, the proportion of obese children in NI was recorded at a low of 4.8% in 2012/13. Data will remain provisional until publication of the HSCIMS Report in 2014.
% of screen time spent by children and young people.	Kids Life and Times Survey (KLTS) http://www.ark.ac.uk/klt/ Young Persons' Behaviour and Attitudes Survey (YPBAS) http://www.csu.nisra.gov.uk/survey.asp14.htm Safefood 2013+ YPBAS (11-16 year olds)	YPBAS 2010 – ages 11-16 91% pupils use social media 27% spent more than 10hrs watching TV, videos and DVDs. 27% spent more than 10hrs playing computer or console games.	Not included in YPBAS 2013

AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Indicator	Survey and links	Baseline data	Current available stats
<p>% of children with dental decay</p>	<p>Child Dental Survey (CDS) 2003 http://www.hscic.gov.uk/article/3740/Dental-Health-Survey-of-Children-and-Young-People</p>	<p>CDS 2003 NI – 56% had obvious decay experience the primary teeth. 47% of five-year-olds had at least one primary tooth with decay into dentine and 17 % had at least one filled primary tooth. 71% of 8-year olds had obvious decay experience in the primary teeth. 62% had a least one primary tooth with decay into dentine and 35% had a least one filled primary tooth.</p>	<p>CDS - The next results are expected for 2015.</p>
<p>% of children and young people making healthier food choices consuming 5 or more portions of fruit/veg per day.</p>	<p>YPBAS http://www.csu.nisra.gov.uk/survey.asp14.htm</p>	<p>YPBAS 2010 – ages 11-16 13% usually consume 5 or more portions of fruit/veg per day. 85% are taught healthy eating at school. 57% said this helped them make more sensible food choices.</p>	<p>NDNS 2008/09-2011/12 – children aged 11 to 18 years meeting the “5-a-day” recommendation: 10% of boys. 7% of girls.</p> <p>YPBAS 2013 (ages 11-16) - 17% usually consume 5 or more portions of fruit/veg each day. - 86% have been taught about healthy eating at school and 60% said this helped them make sensible choices.</p>
<p>Level of exposure of children and young people to advertising of high salt, sugar, fat products or alcohol.</p>	<p>OFCOM</p>		<p>In 2012, Newcastle University (Institute of Health and Society) academics said 6.1% of adverts seen by children were about junk food before the ban - the figure was 7% after the 2007 ban. They said young people do not just watch children's programmes, to which the rules apply. There was a slight decrease in the amount of food advertising as a part of all advertising, from 14.8% to</p>

AFFFA - ACTIONS TO OUTCOMES APRIL 2014 -

Indicator	Survey and links	Baseline data	Current available stats
			14.5%.
% of children (11-16 years) who are members of a club or team not connected with their school that involved them taking part in sport and physical activity.	YPBAS http://www.csu.nisra.gov.uk/survey.asp14.htm	YPBAS 2010 – ages 11-16 59% are a member of other sports clubs or teams no associated with their school.	YPBAS 2013 – ages 11-16 59% reported being a member of a sports club or team not connected with their school.
% of children (11-16 years) who played any sport, exercise, or played actively that made them out of breath or hot and sweaty.	YPBAS http://www.csu.nisra.gov.uk/survey.asp14.htm	YPBAS 2010 – ages 11-16 90% pupils played sport, exercised or played actively that made them out of breath or sweaty in the week prior to the survey	YPBAS 2013 – ages 11-16 94% reported having played sport, exercised, or played actively that made them out of breath or sweaty for a total of at least 60 mins, in the week prior to the survey.
% of children (11-16 years) who spent two hours or more per week doing PE or games at school.	YPBAS 2007 & 2010 http://www.csu.nisra.gov.uk/survey.asp14.htm	YPBAS 2010 – ages 11-16 49% pupils normally spend at least 2hrs a week doing PE or playing for a school team.	YPBAS 2013 – ages 11-16 Minor adjustment to questions - 69% of respondents normally spend at least 2hrs a week taking part in PE/games lessons at school. - 27% of respondents normally stay behind at school at least 2hrs a week for sport or physical activity.
Prevalence of overweight and obesity in adults.	Health and Social Wellbeing Survey (HSWB) 2005-06 / HSNi (16+) from 2010 http://www.dhsspsni.gov.uk/index/stats_research/stats-public-health.htm	HSWB 2005/06 – aged 16+ 24% obese 35% overweight 59% overweight and obese	HSNI 2013/14 – aged 16+ 24% obese 37% overweight 61% overweight and obese
Occurrences of	Diabetes UK / Hospital or GP	Hospital Inpatient System 891 –	Number of individuals admitted to

Indicator	Survey and links	Baseline data	Current available stats
obesity related diseases.	records	<p>Approx total number of individuals admitted to HSC Hospitals in NI in 2007/08 with a Diagnosis of Obesity.</p> <p>HSNI 2010/11 – aged 16+ 35% of respondents reported that they have a long-standing illness with results ranging from 35% in the overweight category and 50% in the obese category.</p>	<p>HSC hospitals in NI with a diagnosis of obesity: 2007/08: 862 2008/09: 865 2009/10: 826 2010/11: 1,029 2011/12: 1,145 2012/13: 1,394 2013/14: 1,748 Source: Hospital Inpatient System</p> <p>HSNI 2013/14 results should be available by end of 2014.</p>
Awareness of '5-a-day' healthy eating.	<p>HSNI (aged 16+) from 2010 http://www.dhsspsni.gov.uk/index/stats_research/stats-public-health.htm</p>	<p>HSNI 2010/11 – aged 16+ 86% aware of the guidelines.</p>	<p>HSNI 2013/14 86% aware of the guidelines</p>
% of adults adopting the 5-a-day guidelines.	<p>HSWB 2005/06 / HSNI (aged 16+) from 2010 http://www.dhsspsni.gov.uk/index/stats_research/stats-public-health.htm</p> <p>Northern Ireland Sport and Physical Activity Survey (SAPAS). http://www.sportni.net/Media/AddedArticles/SAPAS2010</p>	<p>HSNI 2010/11 - aged 16+ 33% meeting the guidelines.</p> <p>SAPAS 2010 40% of those eating five or more portions of fruit or vegetables a day on average are sufficiently active, compared to 31% of those eating less healthily.</p>	<p>NDNS 2008/09-2011/12 30% adults and 41% of older adults met the guidelines.</p> <p>HSNI 2013/14 - aged 16+ 33% ate the recommended five portions of fruit and vegetables a day. This is an increase from 2005-06 when 27% of respondents are the recommended five-a-day.</p>
% of adults experiencing food poverty.	<p>HSNI (aged 16+) from 2010 http://www.dhsspsni.gov.uk/index/stats_research/stats-public-health.htm</p>	<p>HSNI 2010 – no questions included at this time.</p>	<p>HSNI 2013/14 – aged 16+ 7% reported that they had not eaten a substantial meal in the last fortnight due to a lack of money, while 1% of respondents stated that they had ever cut the size of a child's meal because</p>

Indicator	Survey and links	Baseline data	Current available stats
			they did not have enough money.
% of food manufacturers currently reformulating.	Food Standards Agency (FSA)		To be updated as part of the 3-year review process
% of adults who are sedentary.	<p>HSWB 2005-06 / HSNi (aged 16+) from 2010 – http://www.dhsspsni.gov.uk/index/stats_research/stats-public-health.htm</p> <p>Sport and Physical Activity Survey (SAPAS) http://www.sportni.net/Media/Add+Articles/SAPAS2010</p>	<p>HSNI 2010/11 – aged 16+ 25% classed as sedentary - 14% (aged 16-24) - 62% (aged 75+)</p> <p>(a person who has not performed any activity of at least a moderate level, lasting 20 mins, on at least one occasion in the last 7 days)</p>	<p>HSNI 2013/14 - aged 19+ <u>Weekdays</u> 44% sedentary for 4+hrs per day. <u>Weekends</u> 54% sedentary for 4+hrs per day.</p> <p><i>The new CMO Physical Activity Guidelines published in 2011 contain advice for adults aged 19+ and therefore data is being collected for ages 19+</i></p>
% of adults aware of the physical activity recommended by the Chief Medical Officer.	<p>HSNI (aged 16+) from 2010 http://www.dhsspsni.gov.uk/index/stats_research/stats-public-health.htm</p> <p>SAPAS http://www.sportni.net/Media/Add+Articles/SAPAS2010</p>		<p>Awareness of physical activity guidelines was asked in the 2010/11 health survey however that related to the old guidelines of 30mins, 5 days a week.</p> <p>Awareness questions have not been included in the health survey since the new CMO guidelines were released.</p>
% of adults (16+) meeting the levels of physical activity recommended by the Chief Medical Officer.	<p>HSNI (aged 16+) from 2010 http://www.dhsspsni.gov.uk/index/stats_research/stats-public-health.htm</p> <p>SAPAS http://www.sportni.net/Media/Add+Articles/SAPAS2010</p>	<p>HSNI 2010/11 – aged 16+ 38% met the recommendations.</p> <p>SAPAS 2010 – aged 16+ 35% met the recommendations - 26% aged 16-20 - 44% aged 21-30</p>	<p>HSNI 2013/14 – aged 19+ 53% met the recommendations</p> <p><i>The new CMO Physical Activity Guidelines published in 2011 contain advice for adults aged 19+ and therefore data is being collected for</i></p>

Indicator	Survey and links	Baseline data	Current available stats
		<ul style="list-style-type: none"> - 48% aged 31-40 - 42% aged 41-50 - 21% aged 51-60 - 25% aged 61-70 - 18% aged 71+ 	<p><i>ages 19+</i></p>
<p>% of women (16+) meeting the levels of physical activity recommended by the Chief Medical Officer.</p>	<p>HSWB 2005-06 / HSNi (aged 16+) from 2010 http://www.dhsspsni.gov.uk/index/stats_research/stats-public-health.htm</p> <p>SAPAS http://www.sportni.net/Media/AddedArticles/SAPAS2010</p>	<p>HSWB 2005/6 28% met the recommendations</p> <p>HSNI 2010/11 – aged 16+ 35% met the recommendations</p> <p>SAPAS 2010 –</p>	<p>HSNI 2013/14 – aged 19+ 47% met the recommendations</p> <p><i>The new CMO Physical Activity Guidelines published in 2011 contain advice for adults aged 19+ and therefore data is being collected for ages 19+</i></p>
<p>% of adults (16+) meeting the levels of physical activity recommended by the Chief Medical Officer through ‘getting about’ (which includes walking and cycling).</p>	<p>HSWB 2005-06 / HSNi (aged 16+) from 2010 http://www.dhsspsni.gov.uk/index/stats_research/stats-public-health.htm</p> <p>SAPAS http://www.sportni.net/Media/AddedArticles/SAPAS2010</p>	<p>HSNI 2010 – no result</p> <p>SAPAS 2010 – aged 16+ 35% participated in at least 30 minutes of moderate sport in last seven days. This included approx 63 minutes per week in activities for ‘getting about’. 51% of men and 49% of women reported walking for recreation in the last seven days. 7% of men and 1% of women reported cycling for recreation in the last seven days. 4% of men and 0.4% of women reported cycling to get somewhere in the last seven days.</p>	<p>There is potential for statistic recovery through DRD and Active Travel or the Health Survey Northern Ireland.</p>

Acronyms

BDA	British Dietetic Association
BITC	Business in the Community
BMI	Body Mass Index
CCEA	Councils for the Curriculum, Examinations and Assessment
CDHN	Community Development Health Network
CIEH	Chartered Institute of Environmental Health
CMO	Chief Medical Officer
DARD	Department of Agriculture and Rural Development
DCAL	Department of Culture, Arts and Leisure
DE	Department of Education
DEL	Department for Employment and Learning
DETI	Department of Enterprise, Trade and Investment
DFP	Department of Finance and Personnel
DHSSPS	Department of Health, Social Services and Public Safety
DoE	Department of the Environment
DRD	Department for Regional Development
DSD	Department for Social Development
ELBs	Education Library Boards
FSA	Food Standards Agency
HIA	Health Impact Assessment
HFfA	Healthy Food for All
HSC	Health and Social Care
HSE	Health and Safety Executive
HSNI	Health Survey Northern Ireland
IfH	Investing for Health
IOTF	International Obesity Task Force
IPH	Institute of Public Health Ireland
NICE	National Institute for Health and Clinical Excellence
NICVA	Northern Ireland Council for Voluntary Action
NIEA	Northern Ireland Environment Agency
NIEL	Northern Ireland Environment Link
NILGA	Northern Ireland Local Government Association
NUS	National Union of Students
OFMDFM	Office of the First Minister and deputy First Minister
OPSG	Obesity Prevention Steering Group
ORNI	Outdoor Recreation Northern Ireland
PANI (Tool)	Physical Activity and Nutrition Intervention (Tool)
PHA	Public Health Agency
QUB	Queens University Belfast
ROPIG	Regional Obesity Prevention Implementation Group
RQIA	Regulation and Quality Improvement Authority
UU	University of Ulster
VOL/COM	Voluntary / Community
WHO	World Health Organisation

Endnotes

-
- ⁱ <http://www.dhsspsni.gov.uk/framework-preventing-addressing-overweight-obesity-ni-2012-2022.pdf>
- ⁱⁱ <http://www.who.int/features/factfiles/obesity/en/>
- ⁱⁱⁱ <http://www.Safefood.eu/Publications/Research-reports/The-cost-of-overweight-and-obesity-on-the-Island-o.aspx>
- ^{iv} <http://www.northernireland.gov.uk/pfg>
- ^v http://www.dhsspsni.gov.uk/index/stats_research/stats-public-health.htm
- ^{vi} <http://www.publichealth.hscni.net/publications/pregnancy-book-0>
- ^{vii} www.enjoyhealthyeating.info
- ^{viii} http://www.publichealth.hscni.net/sites/default/files/Folic_Acid_6ppA5_08_13%20-%20Final%20to%20print_0.pdf
- ^{ix} <http://www.publichealth.hscni.net/publications/vitamin-d-and-you>
- ^x [http://www.safefood.eu/Healthy-Eating/Life-Stages-\(1\)/Pregnancy.aspx](http://www.safefood.eu/Healthy-Eating/Life-Stages-(1)/Pregnancy.aspx)
- ^{xi} http://www.dhsspsni.gov.uk/early_years_standards_-_july_2012.pdf
- ^{xii} https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/216370/dh_128210.pdf
- ^{xiii} <http://www.publichealth.hscni.net/publications/nutrition-matters-early-years-guidance-feeding-under-fives-childcare-setting>
- ^{xiv} <http://www.dhsspsni.gov.uk/healthychildhealthyfuture.pdf>
- ^{xv} <http://www.dhsspsni.gov.uk/breastfeeding-strategy-2013.htm>
- ^{xvi} <http://www.early-years.org/surestart/>
- ^{xvii} <http://www.bestbeginnings.org.uk/>
- ^{xviii} [http://www.safefood.eu/Healthy-Eating/Life-Stages-\(1\)/Infants.aspx](http://www.safefood.eu/Healthy-Eating/Life-Stages-(1)/Infants.aspx)
- ^{xix} http://www.thehealthwell.info/search-results/breastfeeding-practices-ireland-review?source=relatedblock&content=resource&member=none&catalogue=none&collection=none&tokens_complete=true
- ^{xx} <http://www.thehealthwell.info/>
- ^{xxi} http://www.thehealthwell.info/search-results/baby-feeding-law-group-bflg?&content=resource&member=419&catalogue=Organisations,Health&collection=none&tokens_complete=true
- ^{xxii} <https://www.scribd.com/doc/73014459/The-Northern-Ireland-Sport-and-Physical-Activity-Survey-2010-SAPAS>
- ^{xxiii} http://www.dcalni.gov.uk/index/sport/sport_matters.htm
- ^{xxiv} <http://www.bhfactive.org.uk/userfiles/Documents/EarlymoversSection1.pdf>
- ^{xxv} <http://www.ofmdfmi.gov.uk/index/equality-and-strategy/equality-human-rights-social-change/children-young-people/play-and-leisure-policy.htm>
- ^{xxvi} <http://www.cypsp.org/>
- ^{xxvii} <http://www.northernireland.gov.uk/index/work-of-the-executive/bright-start.htm>
- ^{xxviii} <http://www.playboard.org/news-story/2014/05/14/playboard-s--let-us-play--campaign/>
- ^{xxix} http://www.deni.gov.uk/community_use_of_school_premises__a_guidance_toolkit_for_schools_english.pdf
- ^{xxx} <http://www.activ8ni.net/>
- ^{xxxi} <http://www.publichealth.ie/healthinequalities/healthinequalitieseurope/crossingbridges>
- ^{xxxii} <http://www.health-inequalities.eu/HEALTHYQUITY/EN/home/>
- ^{xxxiii} <http://www.fooddudes.ie/html/links.html>
- ^{xxxiv} http://www.delni.gov.uk/fe22_01_guidancehealthrelatedissues_nov_01.pdf
- ^{xxxv} <http://www.drdni.gov.uk/index/publications/publications-details.htm?docid=8583>
- ^{xxxvi} <http://www.drdni.gov.uk/index/publications/publications-details.htm?docid=8640>
- ^{xxxvii} <http://www.drdni.gov.uk/index/publications/publications-details.htm?docid=9014>
- ^{xxxviii} <http://multimedia.food.gov.uk/multimedia/pdfs/survivalguidetofood.pdf>
- ^{xxxix} <http://www.deni.gov.uk/food-in-schools-policy.htm>
- ^{xl} http://www.deni.gov.uk/03-schools_school_improvement_programme-school_development_planning_pg.htm
- ^{xli} [http://www.safefood.eu/Education/Post-primary-\(NI\)/What-s-on-a-label.aspx](http://www.safefood.eu/Education/Post-primary-(NI)/What-s-on-a-label.aspx)
- ^{xlii} [http://www.safefood.eu/Education/Primary-\(NI\)/Eat,-Taste-and-Grow.aspx](http://www.safefood.eu/Education/Primary-(NI)/Eat,-Taste-and-Grow.aspx)
- ^{xliiii} <http://www.deni.gov.uk/index/pupils-and-parents/pupils/your-emotional-health-and-wellbeing.htm>
- ^{xliv} <http://www.publichealth.hscni.net/sites/default/files/Top%20marks%20summary%20report.pdf>
- ^{xlv} <http://www.publichealth.ie/document/iph-report/proposed-sugar-sweetened-drinks-tax-health-impact-assessment-full-report>
- ^{xlvi} www.eatright.eu

^{xlvi} http://www.deni.gov.uk/de1_12_79109__electronic_pe_survey_-_final_report_october_2012.pdf

^{xlviii} www.choosetolivebetter.com

^{xliv} <http://www.safefood.eu/Professional/Nutrition1/Food-Poverty/Demonstration-Programme-of-Community-Food-Initiati.aspx>

ⁱ <http://www.consumercouncil.org.uk/news/rising-food-costs--hard-to-stomach--/>

^{li} [http://www.safefood.eu/Publications/Consumer-info/A-Good-Practice-Guide-for-Community-Food-Initi-\(1\).aspx](http://www.safefood.eu/Publications/Consumer-info/A-Good-Practice-Guide-for-Community-Food-Initi-(1).aspx)

^{lii} <http://www.safefood.eu/Publications/Research-reports/Measuring-Food-Poverty-In-Ireland.aspx>.

^{liii} <http://www.dhsspsni.gov.uk/index-good-nutrition.htm>

^{liv} <http://www.safefood.eu/Publications/Research-reports/The-cost-of-overweight-and-obesity-on-the-Island-o.aspx>

^{lv} <http://www.thehealthwell.info/community-profiles>

^{lvi} <http://www.safefood.eu/Publications/Research-reports/Examining-Nutrition-Surveillance-on-the-island-of.aspx>

^{lvii} <http://www.safefood.eu/Publications/Research-reports/Bodyweight-Perception-on-the-Island-of-Ireland.aspx>

^{lviii} <http://chronicconditions.thehealthwell.info/>

^{lix} http://www.who.int/nutrition/publications/code_english.pdf

^{lx} http://www.dhsspsni.gov.uk/inequalities_monitoring_update4-2.pdf