



**All-Island Obesity Action Forum  
Online via Zoom  
10<sup>th</sup> November 2020 – Meeting No. 24**

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**Present:**

Ailbhe Byrne	Food Drink Ireland (FDI)
Margaret Carr	Cancer UK
Fidelma Carter	Northern Ireland Chest Heart and Stroke (NICHHS)
Fionnuala Close	Food Standards Agency, Northern Ireland (FSA NI)
Catherine Conlon	<b>safefood</b> (chair)
Christine Dale	Department of Health, Northern Ireland (DH NI)
Ray Dolan	<b>safefood</b>
Mary Flynn	Food Safety Authority of Ireland
Sharon Gilmore	Food Standards Agency, Northern Ireland (FSA NI)
Janas Harrington	Centre for Diet and Health Research
Joana Caldeira Fernandes da Silva	<b>safefood</b>
Rachel Hawthorne	British Dietetic Association, NI Branch
Darren Moan	Department of Health, Northern Ireland
Julia McClelland	Association for the Study on Obesity, NI Branch (ASO)
Charmaine McGowan	<b>safefood</b>
Laura McGowan	Association for the Study on Obesity, NI Branch (ASO)
Marie Murphy	Ulster University
Sarah Noone	Irish Heart Foundation
Sarah O'Brien	Health Service Executive (HSE)
Alice O'Callaghan	Sport Ireland
Margaret O'Neill	Health Service Executive (HSE)
Marian O'Reilly	<b>safefood</b>
Tom Sullivan	Chartered Society for Physiotherapists NI (CSP)
David Tumilty	Public Health Agency

**Apologies:**

Michael Bell	Northern Ireland Food and Drink Association
Emma-Jane Clarke	Sports Ireland
Tess Clinch	Diabetes Ireland
Suzanne Costello	Institute of Public Health
Jennifer Feighan	Irish Nutrition and Dietetic Institute
Janis Morrissey	Irish Heart Foundation
Ursula O'Dwyer	Department of Health, Ireland

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**1. Welcome**

Catherine welcomed members to the 24<sup>th</sup> Forum meeting. She noted that this was the first ever online meeting of the Forum



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**2. Roundtable introductions**

Members introduced themselves.

**3. Minutes of meeting held on 12<sup>th</sup> November 2019 and any matters arising**

Draft minutes from the previous meeting were approved. The one action from the meeting were marked complete.

**4. Policy updates**

**Department of Health (DoH), Northern Ireland (NI) – (Darren Moan and Christine Dale)**

A detailed update is provided electronically. Darren and Christine highlighted that a UK consultation on a ban of advertising of high fat, salt and sugar foods/drinks online to children was announced today. The closing date for this consultation is 23<sup>rd</sup> December. The link is <https://www.gov.uk/government/consultations/total-restriction-of-online-advertising-for-products-high-in-fat-sugar-and-salt-hfss>. This consultation is only running for six weeks compared the usual 12 weeks.

**Department of Health, ROI**

The main update for was the publication of the Food Pyramid for 1-4-year-olds on 30<sup>th</sup> September 2020, the first healthy eating guidelines for the age group published in ROI. Details can be found in the electronic update and <https://www.gov.ie/en/publication/da7f19-eat-well/#healthy-eating-guidelines-for-kids>

**5. Member updates**

The following comments and clarifications were made on member updates

ROI Model of care for obesity – Margaret O Neill (HSE) highlighted that this work in nearly complete and due for publication by the end of year.

Launch of ROI Food-Epi study on 9<sup>th</sup> November 2020 – it was led by Janas Harrington at UCC's School of Public Health and is the first of its kind to benchmark the Irish Government's level of support for improving the healthiness of the food environment against international best practice. It made a set of priority actions to focus. Janas asked people to access the report [here](#) and read the report together with the evidence document.

Filelma Carter (NICHs) asked for clarification on whether ROI [Nutrition Standards for School Meals](#) were compulsory or voluntary. Margaret O Neill confirmed they were voluntary and are targeted at free school meals for disadvantaged schools. It is monitored by Department of Social Protection using receipts.

A discussion took place about the nutritional standards for health and social care across the island of Ireland. The following points were made:



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- In NI the experience of the FSANI in NI's in translating the standards for health and social care has been very varied and that they need adapting.
- DH NI held a workshop in February about the potential of rolling out the standards across other government departments. This work has stalled due to COVID.
- In ROI the application of the standards to public procurement will be a focus next year
- The implementation and monitoring of existing nutrition standards is crucial

Fionnuala Close (FSA NI) highlighted that the Calorie Labelling (on alcohol) consultation is relevant to England only. NI will have to follow EU legislation from 2021. *Post meeting amendment to this point - Fionnuala Close (FSA in NI) highlighted that NI will have to follow EU legislation from 2021 so this should be considered in future UK four nation consultations.*

David Tumilty (PHA) agency highlighted the following

- PHA published an updated evidence document on COVID and obesity in a NI context in August. This will be circulate to group ACTION – Marian to circulate once she has received it
- Anxiety, stress, physical activity and diet are the major areas of health that have been impacted by COVID restrictions. They are interlinked. There is a focus on linking up community services with anybody who presents with one or more of the four issues.

Tom Sullivan (CSP) noted that the [love activity campaign](#) continues with lots of case studies for people with health conditions

Action: Members who didn't get an opportunity to submit an electronic update were asked to send them onto Marian in the coming days.

## **6. Topic for discussion –**

### **The workshop and implications for the forum**

The following points were made

- Very relevant and topical
- Patient perspective was very valuable
- Great engagement on Twitter

Ailbhe Byrne (FDI) highlighted that FDI welcomed that DH ROI are looking at the implementation and monitoring of the [voluntary code of practice](#).

### **Obesity and pandemic**



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The chair referenced the evidence showing that obesity is associated with worse outcomes from COVID-19 infection (including [Public Health England report](#), PHA report to be circulated, [HSE report](#)). In the UK this has translated into the proposed ban on promotion of high fat, salt and sugar foods and drinks online to children and the consultation announced today (see point 4 above).

Vitamin D and immunity has been another topic that has arisen from COVID. Older people are at higher risk of low Vitamin D risk particularly those that do not get exposure to sunlight. The FSAI will launch a scientific recommendation on Vitamin D supplementation for older people soon. This will be followed by population based guidance for older people.

**7. Next forum meeting and workshop**

Laura McGowan (ASOI NI Branch) indicated that they would not have the capacity in 2021 to partner on a webinar due to planned events. Ideas for 2021 webinar included

- Sustainability in the context of obesity, health and the environment
- Building capacity for whole system approaches on the island – this received a lot of support
- Physical Activity – there are a number of relevant initiatives for a focus on physical activity including new Sport & Physical Activity Strategy 2020 (due now early 2021) led by Dept for Communities / Sport NI, [ISPAH 8 Investments](#) that work for Physical Activity, Irish Physical Activity Research Collaboration ([I-PARC](#)) and the Global Active Healthy Kids Physical Activity Report Card in 2021 (last all-Ireland report card 2016) (<https://www.activehealthykids.org/>)

The format of the webinar was discussed. It was agreed that an online format should be planned for June and the benefits of a greater reach were highlighted.

**8. AOB**

N/A

**9. Close and thank you**

Catherine closed the meeting and thanked members.



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## Combined Member Updates – November 2020

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### Association for the Study of Obesity, Northern Ireland Network

Organisation Name	<i>Ongoing Campaigns</i>	
<b>ASO NI Network</b>		<p>ASO UK is the UK's foremost charitable organisation dedicated to the understanding, prevention and treatment of obesity.</p> <p>The ASO Northern Ireland network is a regional group aimed at supporting the activities and objectives of this organisation on a local level.</p>
Organisation Name	<i>Health Services</i>	
<b>ASO NI Network</b>		<p>In 2017, the ASO established a network of Centres for Obesity Management (Adult COMs) involved in research and/or providing services for adults with obesity. This network is aimed at strengthening and advancing the evidence base, improving practice and influencing policy for the management of obesity in adults within the UK.</p> <p>The Adult COMs network includes members working within Tier 2, Tier 3 and Tier 4 adult obesity services delivered across a range of NHS and non-NHS settings. Each service will be involved in working towards improving the management of adults with obesity. <b>There are currently no NI-based centres or organisations signed up to this network.</b></p> <p>The network aims to:</p> <ul style="list-style-type: none"><li>• Implement state-of-the art evidence-based care for patients with obesity.</li><li>• Facilitate communication and networking between clinical practitioners, researchers, policy-makers and industry with the aim to improve the management of obesity.</li><li>• Promote multidisciplinary research collaborations and research projects.</li></ul>



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- Deliver clinical education as part of a multi-disciplinary approach to obesity management in the form of workshops at the UKCO and annual national training courses.
- Contribute to consultations, practice guidance and position statements on key UK treatment issues.
- Provide evidence-based input of the UK perspective at a European and international level through EASO and WOF.

If you are interested in joining then please contact the ASO Office at ASOoffice@aso.org.uk to request an application form. **Even if you are not currently a member of ASO you can get in touch if you are interested in joining.**

<b>Organisation Name</b>	<b><i>Research and Evidence Based Activities</i></b>
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<b>ASO NI Network</b>	<p>The ASO NI Network:</p> <ol style="list-style-type: none"> <li>1. Supported the hosting of the AIOAF webinar '<b>The hidden influencer - tackling marketing of unhealthy food to children in today's digital world</b>' with safefood and ASOi on 10<sup>th</sup> November 2020.</li> <li>2. Will host a virtual event in January 2021 - '<b>Digital technologies and weight management</b>'.</li> <li>3. Will host the <b>UK Congress on Obesity</b> on the 8th &amp; 9th September 2021. Delivery mode to be confirmed- virtual, in-person or a hybrid event at Queen's University Belfast. We have participated in UKCO 2020 local organising committee meetings in preparation for hosting this event.</li> </ol> <p>Since June 2020, ASO UK have been hosting a series of monthly webinars. Topics have included: Obesity and Diabetes, Covid-19 and Obesity, Obesity Stigma and Weight Management and Mental Wellbeing. Recordings of the recent webinars are available on the ASO website. There is free registration for the webinars, even if you are not a member of ASO.</p>
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**BDA The Association of UK Dietitians**

<b>Organisation Name</b>	<b><i>Ongoing Campaigns</i></b>	
<b>BDA</b>	NI Healthcare Review Magazine	NI Healthcare Review is a quarterly magazine, aimed at those health professionals working in primary care, with a wide distribution throughout Northern Ireland. BDA NI Board have been providing a regular feature to the magazine since September 2018, promoting the role of dietitians and sharing good practice to a wide range of relevant health professionals. In 2020 articles have included an overview of how dietitians in NI have adapted to and support the NHS Covid-19 pandemic effort and food poverty. The Oct edition, BDA article on malnutrition to tie in with BDA on going campaigning re malnutrition. Article was timely in support of UK malnutrition awareness week.
<b>Organisation Name</b>	<b><i>Schools, Workplace, Community initiatives</i></b>	
<b>BDA</b>	Public health dietitians	Dietitians working in public health in NI developed resources and guidelines for the putting together of food packs for those isolating due to Covid-19.
<b>Organisation Name</b>	<b><i>Food Poverty</i></b>	
<b>BDA</b>	NICON	BDA in NI hosted a virtual stand at NICON virtual conference in October this year on the theme of food poverty, showcasing what Dietitians in Northern Ireland are doing to combat and deal with the impacts of food poverty.
	AHPFNI	BDA in NI, presented at an AHP Federation event on AHP day, 14 October. Presentation provided detail on innovative ways public health Dietitians in NI have changed how they work as a result of covid 19, to ensure relevant nutrition messages are reaching the public in NI. In particular development of online webinars on subjects such as feeding the family for less. Also adapting delivery of pertinent programmes such as Food Values and Cook it.



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		BDA have written a series of letters to NI Ministers, raising concerns of malnutrition and food insecurity. Concerns in relation to impact of covid 19, but also brexit.	
<b>Organisation Name</b>	<b><i>Health Services</i></b>		
<b>BDA</b>	Non-medical prescribing	Updated legislation is now in place to move forward with supplementary prescribing rights for dietitians in NI. It is hoped to have training for dietitian established in the near future.	
	Model and process	The BDA continues to provide training to dietitians and assist in embedding the model and process into practice.	

**Cancer Research UK**

<b>Organisation Name</b>	<b><i>Ongoing Campaigns</i></b>		
<b>Cancer Research UK</b>	Northern Ireland Cancer Strategy	CRUK is a member of the Northern Ireland Cancer Strategy Prevention Sub-Group. We are working to ensure that this strategy interfaces well with the current obesity strategy and includes commitments for a future strategy, among other areas.	
	Junk Food Marketing	CRUK's main UK-wide policy objective is for the UK Government's to introduce regulations to ban junk food advertising before 9PM, with similar equivalents for online and other mediums. A 9PM watershed will protect children from advertising during prime-time family shows. CRUK has played a leading role in influencing UK Government departments, working with coalitions such as the Obesity Health Alliance.	
	Price promotions	CRUK is also working with governments across the UK to regulate to restrict promotions on high fat, salt and sugar (HFSS) food and drinks, by both price and location. This has been our primary	





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	Hot-food takeaways near schools	<p>cancer prevention objective in Scotland, through our Scale Down Cancer campaign. We are working with Obesity Alliance Cymru and others to ensure that the Welsh Government introduce similar legislation. Moreover, we have been influencing the UK Department of Health and Social Care with a similar purpose.</p> <p>CRUK has been working to reduce access to hot-food takeaways near schools. We have been encouraging the Welsh Government to update its national planning guidance to enable local authorities to block the establishment of new takeaways near schools. This has included media and public affairs work, engagement with key officials and submitting comments formally to the Healthy Weight: Healthy Wales consultation. We will continue to press on this issue in any subsequent consultations.</p>	
<b>Organisation Name</b>	<b><i>Research and Evidence Based Activities</i></b>		
<b>Cancer Research UK</b>	<p>Youth Obesity Policy Survey (Round 2)</p> <p>Expert views of high fat, salt and sugar (HFSS) restrictions in the UK</p>	<p>Following on from the first round of YOPS in 2017, this study aims to track trends in the impact of food marketing on young people’s dietary behaviours.</p> <p>There will be numerous outputs from analysis of this dataset.</p> <p>Publication date: TBD</p> <p>This study will generate insight from a broad range of stakeholders into the impact of potential HFSS marketing restrictions (i.e. 9pm watershed and price promotions) and explore potential future policy areas to focus on.</p> <p>Publication date: TBD</p>	



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**Centre for Health and Diet Research**

<b>Organisation Name</b>	<b>Research and Evidence Based Activities</b>		
<b>Centre for Health and Diet Research, School of Public Health UCC</b>		<p>The CHDR has completed the first Food Environment Policy Index (Food-EPI). Food-EPI is an initiative of the INFORMAS Network (International Network for Food and Obesity/NCDs Research, Monitoring and Action Support). Dr Janas Harrington working with colleagues in the School of Public Health and with Dr Stefanie Vandevijvere from the Scientific Institute of Public Health (Sciensano) in Belgium have assessed the Irish Government's level of implementation of policies and infrastructure support for improving the healthiness of the food environments in Ireland and benchmarked our performance against international best practice. This report will be launched on Nov 9<sup>th</sup>. The evidence document and the full report will be available on the School of Public Health website and also on <a href="https://www.jpi-pen.eu/reports.html">https://www.jpi-pen.eu/reports.html</a>. The Food EPI (Ireland) work is part of a larger European network, the JPI Policy Evaluation Network (PEN).</p> <p>We are continuing to work on the Obesity Policy and Action Plan Evaluation. The evidence document has been compiled. This will be sent to the DOH for validation. Following completion of the validation the evidence document will be circulated to an expert panel to rate the level of implementation of the OPAP. Preliminary results are expected by Jan 2021.</p> <p>We are partners in the FIRM funded SuHeGuide project which commenced in October 2020. This 4-year programme of work will focus on food based dietary guidelines for sustainable and healthy lifestyles. This is a cross institution programme of work being led by Dr Sinead McCarthy in Teagasc with partners institutions UCC, UCD and QUB.</p> <p>We are partners in the European Best-ReMap project which focuses on best practices in the field of marketing of unhealthy food products to children and adolescents. We will be working closely with Ursula O'Dwyer, the Irish Lead, on this project.</p>	



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**Department of Health, Republic of Ireland**

<b>Organisation Name</b>	<b>Ongoing Campaigns</b>	
<b>DH, Republic of Ireland</b>	Food Pyramid for 1-4 year-olds	The Healthy Eating Guidelines for 1-4 Year-Olds and supporting resources were launched on 1 <sup>st</sup> October 2020. This is a key output of the Obesity Policy and Action Plan 2016-2025 under the “Healthy Food for Life” Programme, and of the Department of Children, Equality, Disability, Integration and Youth. The resources include the Healthy Eating Guidelines, a Children’s Food Pyramid and daily meal plans for 1, 2, 3 and 4 year-olds. They were developed with the help of the technical working group of the Healthy Eating Subgroup of the Obesity Policy Implementation Oversight Group. An implementation plan for dissemination and training is being developed with key partners on the Healthy Eating Subgroup, the HSE, <i>safefood</i> and the Irish Nutrition and Dietetic Institute. The evidence base for the Guidelines and resources is the Food Safety Authority of Ireland’s recently published “Scientific Recommendations for Food-Based Dietary Guidelines for 1 to 5 Year-Olds in Ireland”, which is the first Irish Scientific Report to address the nutritional needs of toddlers and pre-school children.

**Department of Health (DoH), Northern Ireland**

<b>Organisation Name</b>	<b>Ongoing Campaigns</b>	
<b>Department of Health (DoH), Northern Ireland</b>	A Fitter Future for All 2012-2022	<ul style="list-style-type: none"><li>• <a href="https://www.health-ni.gov.uk/articles/obesity-prevention">https://www.health-ni.gov.uk/articles/obesity-prevention</a></li><li>• The short-term outcomes from the obesity prevention framework A Fitter Future for All for implementation from 2019-2022 have been revised and agreed by the Obesity Prevention Steering Group and Perm Sec/CMO.</li><li>• All final comments have been incorporated and the short term outcomes for 2019-2022 were published online in November 2019 at <a href="https://www.health-ni.gov.uk/sites/default/files/publications/health/fitter-future-sto.pdf">https://www.health-ni.gov.uk/sites/default/files/publications/health/fitter-future-sto.pdf</a>.</li></ul>



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		<ul style="list-style-type: none"> <li>• The OPSG are in the process of agreeing the 2018-2019 and 2019- 2020 Progress Report these were delayed due to the COVID-19 pandemic. It is hoped to publish them by the end of the year.</li> <li>• Discussions will then begin regarding the framework after 2021.</li> </ul>	
	<p>Making Life Better 2013-2023</p>	<ul style="list-style-type: none"> <li>• <a href="https://www.health-ni.gov.uk/articles/making-life-better-strategic-framework-public-health">https://www.health-ni.gov.uk/articles/making-life-better-strategic-framework-public-health</a></li> <li>• The Making Life Better mid-term review is underway and work was progressing on the various elements of the review. However work on this has had to be suspended due to the impact of Covid-19.</li> <li>• When this work resumes the key purpose of the review remains unchanged - to ensure that the framework remains relevant, to reaffirm and update commitments, ensuring alignment with other relevant policies and strategies, and to make recommendations for any changes that would improve progress.</li> <li>• Two meetings of the MLB Mid-Term Review Group have been held and a further meeting will be convened as soon as it is possible to do so.</li> </ul>	
	<p>UK CMO Physical Activity Guidelines – Start Active Stay Active</p>	<ul style="list-style-type: none"> <li>• <a href="https://www.gov.uk/government/publications/uk-physical-activity-guidelines">https://www.gov.uk/government/publications/uk-physical-activity-guidelines</a></li> <li>• Following publication of the revised guidelines in September 2019, two expert groups have been set up – the Expert Group on Surveillance and the Expert Group on Communications. They provided a short progress update on activities to the 4 UK CMOs quarterly meeting in October 2020.</li> <li>• The Surveillance expert group has examined existing surveillance and current methods to determine if they are fit for purpose, identifying areas where surveys/questionnaires are considered insufficient or non-existent. They have identified benefits of alternative methods for national surveillance, such as physical activity and sedentary behaviour monitoring devices.</li> <li>• The Surveillance group plans to produce agreed recommendations and priorities for aligning surveillance with the 2019 guidelines and for addressing comparability of surveillance across the four nations. The group will examine next steps for introducing activity-monitoring devices into national surveillance.</li> <li>• The Communications expert group have identified gaps in surveillance for under-5s, pregnant and post-partum women and identified areas for discussion regarding the representation of those with disabilities in national</li> </ul>	



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prevalence estimates. They have also identified how the 2019 CMO Physical Activity Guidelines are currently communicated to NHS and professional groups and identified the absence of a strategy to support wider communication of physical activity messages to the public and professionals. They have created a logic model for future communications actions and summarised existing evidence for the communication, dissemination and messaging of physical activity.

- The Communications group plans to identify priorities for a communication and dissemination strategy, focusing on public-facing, professional-facing and 3rd sector providers. The Communications group welcome “any suggestions by the CMOs for their support to set up an Implementation Network for physical activity across the Four Nations to share resources and communication media for national, regional and local branding”.

**Schools, Workplace, Community initiatives**

Food in Schools Policy – Every School a Healthy School

- <https://www.education-ni.gov.uk/articles/food-schools-policy>
- The Department continues to support the joint Food in Schools Policy with the Department for Education (DE).
- The public consultation on the draft updated Nutritional Standards for School Food took place 30 January – 27 March 2020. The project to update Nutritional Standards for School Food was then placed on hold due to competing priorities caused by the Covid 19 outbreak. It is planned, pending the availability of resources and funding, to restart the project in January 2021 with a view to implementation by September 2021.
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Minimum Nutritional Standards in Health and Social Care settings

- <https://www.publichealth.hscni.net/sites/default/files/Minimum%20Nutritional%20Standards%20Report%202017.pdf>
- The standards are being implemented with the enhanced support of two fixed term dietitian/nutritionist posts in catering in Health and Social Care and across local government.
- Following previous work to develop Minimum Nutritional Standards in catering in Health and Social Care Settings, the Department continues to explore the potential to develop these in all Government Departments and the wider Public Sector to help promote a healthier diet for staff and visitors.
- The Department held a cross-departmental workshop in February 2020 to agree the next steps to support the implementation of Minimum Nutritional Standards across all Government Departments and the wider public sector with attendees from across Government. Further work on this has been delayed due to COVID-19



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<b>Food Poverty</b>		
All Island Food Poverty Network	<ul style="list-style-type: none"> <li>• The Department continues to be a member of the All Island Food Poverty Network.</li> <li>• The revised short term outcomes for A Fitter Future for All for 2019-2022 contains an outcome to address Food poverty related issues – to determine an appropriate indicator of food poverty in NI by 2021 and to consider further strategic insight into food poverty through learning from all organisations involved, to ensure the development of an action plan to include advocacy, communication, evidence and resources.</li> </ul>	
<b>Research and Evidence Based Activities</b>		
Childhood Obesity Prevention Innovation Lab	<ul style="list-style-type: none"> <li>• A Strategic Insight Lab took place on 2/3 October 2019, to consider the challenge question 'How can we create a society in which children grow up a healthy weight?' and then to identify challenges, opportunities and gaps relating to the challenge question and for participants to identify key themes and questions for further consideration.</li> <li>• Participants included stakeholders from Government, Health, Business and Industry, Voluntary and Community and Academia. Working collaboratively, stakeholders developed 42 recommendations on the challenge question. A report was presented early in 2020.</li> <li>• These recommendations have been captured and fed into a Systems Dynamic Modelling process which looked at what is driving increases in childhood obesity, and what impact these recommendations and the work currently undertaken may have into the future</li> <li>• While some work was paused during the height of the pandemic, colleagues in the Innovations Lab were able to progress the Systems Dynamic Modelling, albeit at a slower pace than planned. The model has now been prepared and presented and we will need to look much more closely at the outputs and recommendations for interventions.</li> </ul>	



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**Irish Heart Foundation**

<b>Organisation Name</b>	<b>Ongoing Campaigns</b>		
<b>Irish Heart Foundation</b>	Escape Your Chair	<p>National awareness campaign, supported by the HSE, raising awareness of the cardiovascular risk of sedentary behaviour. The target audience was those working from home. Resources included an 'Escape your Chair Challenge' where participants could sign up for a month-long calendar of daily movement break ideas, downloadable 'Well@Home' leaflet with tips on activity, healthy eating and mental health and online training courses for workplace.</p> <p>The resources remain available at: <a href="http://www.escapeyourchair.ie">www.escapeyourchair.ie</a></p>	
<b>Organisation Name</b>	<b>Schools, Workplace, Community initiatives</b>		
<b>Irish Heart Foundation</b>		<p>Many activities paused due to Covid-19. The summer involved recasting of our entire organisational strategy given a significant income drop. It will be effective from January 2021.</p> <p>Bizzy Breaks is a collection of activities for primary school pupils designed to support children to move throughout the day. It is ideal for movement breaks throughout the school day and helps pupils achieve the recommended 60 minutes of physical activity a day. It is co-designed with teachers and all activities have been adapted for compliance with the <b>COVID-19 Response Plan for the safe and sustainable reopening of Primary and Special Schools. See <a href="https://irishheart.ie/your-health/our-health-programmes/healthy-schools/primary-schools/bizzy-breaks/">https://irishheart.ie/your-health/our-health-programmes/healthy-schools/primary-schools/bizzy-breaks/</a></b></p> <p>Community Walking Leader Training is now available online. Walking Leader training is aimed at people who wish to lead a voluntary walking group. The training course will give you all the tips and skills you need to lead a safe and enjoyable walk. <a href="https://irishheart.ie/your-health/our-health-programmes/healthy-communities/slainte/walking-leaders/">https://irishheart.ie/your-health/our-health-programmes/healthy-communities/slainte/walking-leaders/</a></p>	



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<b>Organisation Name</b>	<b><i>Food Poverty</i></b>		
<b>Irish Heart Foundation</b>		Qualitative research conducted to explore the barriers and enablers to healthy eating for young people in alternative education and training settings. Results currently being analysed.	
<b>Organisation Name</b>	<b><i>Health Services</i></b>		
<b>Irish Heart Foundation</b>		Remote recertification of HSE sites with Healthy Eating Award for healthy catering practices.  A new primary care pilot project has received funding from the HSE. It focuses on high risk prevention patients who are eligible to partake in the HSE Chronic Disease Management Programme. It aims to co-design, deliver and evaluate a behavioural change intervention for patients in disadvantaged communities at high risk of cardiovascular disease. The pilot will involve two groups of three GP practices. In one group the intervention will be run by the established practice nurse and in the other group by a health promotion professional.	
<b>Organisation Name</b>	<b><i>Research and Evidence Based Activities</i></b>		
<b>Irish Heart Foundation</b>		WHO Schools Health Literacy Demonstration Project ongoing in five pilot DEIS post-primary schools. Academic partners are DCU, UCD and NUIG.	

**Irish Nutrition & Dietetic Institute**

<b>Organisation Name</b>	<b><i>Food Poverty</i></b>		
	Dublin City Council Social Inclusion Week 2020	INDI hosted a Webinar for Social Inclusion Week on Healthy Eating on a Budget. There were over 80 sign-ups for the lunchtime event which was promoted through the social inclusion week website and social media. Dietitians Louise Reynolds and Sarah Keogh hosted the conversation providing	





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<p><b>Irish Nutrition &amp; Dietetic Institute (INDI)</b></p>	<p>Community Food Hubs (safefood and Airfield Estate)</p> <p>Community Health Fairs in Inner City</p>	<p>simple advice on healthy eating without breaking the bank. Arising from this, they have been approached to do a webinar on Catering for Christmas on a budget.</p> <p>As part of the Community Food Hubs project, Airfield estate have received funding from safefood to produce a series of videos focussing on basic cooking skills and information about food waste and sustainability. INDI were asked to take part and have done a 5 minute video on Healthy Eating on a Budget.</p> <p>INDI dietitians attend a number of health fairs throughout the year in community centres in Dublin inner city (Dolphin's Barn, Rialto). This allows a registered dietitian to meet with local community members and talk about eating well on a budget and highlight community programmes in the area. Four community Fairs were attended pre Covid March '20.</p>	
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**Food and Drink Ireland**

<b>Organisation Name</b>	<b>Ongoing Campaigns</b>		
<p><b>Food Drink Ireland</b></p>	<p>Responsible Marketing</p>	<p><a href="https://www.fooddrinkireland.ie/Sectors/FDI/FDI.nsf/vPages/Consumer_Foods~diet-and-nutrition!OpenDocument">https://www.fooddrinkireland.ie/Sectors/FDI/FDI.nsf/vPages/Consumer_Foods~diet-and-nutrition!OpenDocument</a></p>	
<p><b>Food Drink Ireland</b></p>	<p>Reformulation</p>	<p><a href="https://www.fooddrinkireland.ie/Sectors/FDI/FDI.nsf/vPages/Consumer_Foods~diet-and-nutrition!OpenDocument">https://www.fooddrinkireland.ie/Sectors/FDI/FDI.nsf/vPages/Consumer_Foods~diet-and-nutrition!OpenDocument</a></p>	



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<b>Food Drink Ireland</b>	Healthy Heroes	<p>This is a schools-based programme, supported by Bord Bia, to foster a sense of leadership, teamwork and communication skills to encourage children to choose healthy lunch options, to educate them about nutrition and to boost their activity levels during the school day, all whilst having lots of fun.</p> <p>Heathy Heroes follows a peer teaching model where older children mentor younger pupils on nutrition based on the DoH food pyramid and the importance of being active. It includes suggestions for various healthy lunches developed by Dr Mary Mc Creery, Consultant Clinical Nutritionist and Dietitian along with lots of simple physical activities. While designed originally to be used in the classroom, all materials and activities are simple and easy to adapt for children of all ages in the home and there are also activities where older children could mentor their younger brothers or sisters.</p> <p>Since the programme began in 2014, over 1,500 schools nationwide have taken part in the Healthy Heroes Lunch Club. Feedback from teachers informed us that pupils didn't just benefit by learning about nutrition and being more active during lunchtime, they also learned to work together, grew in confidence, and developed leadership and communication skills.</p> <p>Further information on the Healthy Heroes programme can be found <a href="#">here</a></p>	
<b>Organisation Name</b>	<b><i>Schools, Workplace, Community initiatives</i></b>		
<b>Food Drink Ireland</b>	Covid	<p>Throughout the Covid-19 pandemic, the food and drink sector has ensured shops and homes stayed stocked with essential and enjoyable food and drink products. Food Drink Ireland has actively supported member companies throughout this period, providing guidance on safety measures in food manufacturing facilities, coordinating best practice for field sales staff who have continued to work with retailers and, in recent months, facilitating the roll out of serial Covid-19 testing on many food production sites in collaboration with the HSE.</p>	
<b>Organisation Name</b>	<b><i>Research and Evidence Based Activities</i></b>		



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<b>Food Drink Ireland</b>	Front of Pack Labelling	With the EU’s recently published Farm to Fork Strategy committing to harmonised, mandatory front of pack nutrition labelling across the EU, FDI has begun to gather data from members on the use of different front of pack schemes on the Irish market. The research also examines Irish companies’ experience of using various front of pack schemes in other EU countries and the prevalence of shared packaging for the Irish and UK markets.	
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**Food Standards Agency in Northern Ireland**

<b>Organisation Name</b>	<b>Ongoing Campaigns</b>		
<b>FSA in NI</b>	Calorie Wise	<p>The FSA continue to lead the development of the voluntary calorie labelling scheme, <a href="#">Calorie Wise</a>, in partnership with the eleven district councils in NI. The FSA provided enhanced support over the last 18 months through a temporary Calorie Wise Advisor post. The post holder provided one-to-one support to over 60 food businesses from a range of sectors and actively promoted the scheme within the Out of Home sector. Dedicated support was also provided to EHO’s conducting Calorie Wise audits and in the delivery of Calorie Wise workshops based in Council premises. A further 12 businesses achieved the Calorie Wise Gold Award, including;</p> <ul style="list-style-type: none"> <li>- 5 x <a href="#">Belfast Health &amp; Social Care hospital sites</a></li> <li>- 2 x South Eastern Regional College sites</li> <li>- 5 x Western Health &amp; Social Care hospital sites - A further number of WHSCT sites were due to be audited but were temporarily suspended due to the COVID19 pandemic.</li> </ul>	
	Minimum Nutritional Standards in	The reviewed Nutrition Standards for Health and Social Care catering were officially signed off by the three partner organisations (FSA, Safefood and PHA) in December 2019. Publication of the standards has been delayed to due COVID-19. The Steering Group hope to publish the standards	



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	<p>HSC and Council Premises</p> <p>Bakery Products Reformulation</p>	<p>later this year. Work is currently ongoing to adapt the Health and Social Care standards for use with District Council catering establishments.</p> <p>The FSA in NI in partnership with the College of Agriculture, Food and Rural Enterprise (CAFRE) created <a href="#">scone reformulation guidance</a> (and a <a href="#">summary</a>) to help businesses produce great tasting healthier scones lower in calories, fat, sugar and salt. The guidance contains recipes and tips businesses can use to make their own unique scones that meet the Government guidelines for calories, sugar and salt, as well as providing novel ideas on how to make smaller sized scones appealing to customers. The guidance was launched at a scone technical seminar in January 2020. Results of the technical seminar evaluation demonstrated 73% of delegates from the bakery sector would consider reformulating scones to make them healthier and promoting healthier scones to their customers and 80% would consider reducing the portion size of scones.</p> <p>Unfortunately the Bakery Reformulation Project involving pilot reformulation trials with three NI bakeries ended early due to the Covid-19 pandemic. However, the learning achieved from the one-to-one support provided by the Food Technologist post will be disseminated in a bakery webinar hosted in collaboration with the FSA in NI's strategic partners early 2021.</p>	
<b>Organisation Name</b>	<b><i>Schools, Workplace, Community initiatives</i></b>		
<b>FSA in NI</b>	<p>Food in Schools Forum</p> <p>Provision of Eatwell resources</p>	<p>The FSA continue to be members of the Department of Education's Food in Schools Forum and contributed to the recent review of the nutrition standards for school food.</p> <p>An additional print run of Eatwell Guide resources was ordered in August 2020 to supplement depleted stock levels. The Eatwell Guide shows the proportions in which different types of food and drinks are needed to have a well-balanced and healthy diet. The resources available consist of</p>	



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		<p>an Eatwell Guide poster, a detailed Eatwell Guide booklet, a traffic light labelling card, an Eatwell bingo game and a recipe book. These hardcopy resources will now continue to be available to stakeholders such as schools, community groups and Health and Social Care Trusts.</p> <p>The FSA created social assets and 'FSA Explains' videos based on the Eatwell Guide to promote healthy eating. These resources were shared on social media and the food.gov.uk website.</p>	
<b>Organisation Name</b>	<b>Food Poverty</b>		
<b>FSA in NI</b>	<p>Supporting food provision to vulnerable groups during Covid-19</p> <p>FSA Advisory Panel representation in UK research</p>	<p>The FSA in NI provided support to the Department for Communities (DfC) in NI on the distribution of food to vulnerable groups during the COVID-19 lockdown. The FSA engaged with project organisers and collaborated with local council Environmental Health Officers to provide information and advice to food suppliers during the consideration of phase 2 food supply. The FSA in NI also engaged with DfC and a Dietitian from the Public Health Agency to provide some suggestions on how emergency food parcel contents could be improved nutritionally for the shielding cohort going forward. Draft weekly menu plans were produced based on the products available in one food parcel to illustrate how the food could be used in meal planning.</p> <p>A representative from FSA in NI is a stakeholder in a UK wide research project examining food vulnerability during Covid-19. The <a href="#">first report</a> from this research outlines the findings of mapping national level responses to risk of rising food insecurity during the COVID-19 outbreak between March and July 2020. The report includes a section specifically on food provision responses in NI. The next stage of the research will look at how these interventions worked in practice and will be published as part of the monitoring phase of the project in Autumn 2020.</p> <p>This year's All Island Food Poverty Network conference was delivered by webinar on 20<sup>th</sup> October 2020. The webinar was jointly hosted by FSA and safefood and focused on the theme, 'Learnings</p>	



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	All Island Food Poverty Network Conference	from responses to COVID 19'. Presentations from the UK, NI and ROI shared the challenges and learning from the responses to tackle food poverty/insecurity during the Covid-19 pandemic, from the perspective of academia, the government and the voluntary sector.	
<b>Organisation Name</b>	<b><i>Research and Evidence Based Activities</i></b>		
<b>FSA in NI</b>	Joint Four Nation Front of Pack Nutritional Labelling Consultation	The FSA in NI worked in partnership with Department of Health and Social Care (DHSC) and Devolved Administration officials in Food Standards Scotland and the Welsh Government to develop and launch the joint four nation Front of Pack Nutritional Labelling <a href="#">consultation</a> . The aim of the consultation was to gather views and evidence to help inform any future improvements to the current recommended front of pack nutrition label and to ensure the UK's label remains the most effective at informing healthier choices. A further consultation will be held if future improvements are to be considered. The twelve-week consultation closed on the 21st October 2020. It is anticipated responses to the consultation will be disseminated by DHSC late 2020/early 2021.	
	Front of Pack Nutritional Labelling Research with food and drink manufacturers in NI	The FSA in NI commissioned qualitative research with food and drink manufacturers in Northern Ireland (NI) to gain a better understanding of how and why decisions are made about Front of Pack Nutritional Labelling (FOPNL). Forty qualitative telephone interviews were conducted with a range of different food and drink manufacturers, characterised by those who have and have not implemented FOPNL, business size and the type of food and drink products they manufacture. The findings have provided the FSA in NI with the information required to further support and engage with NI manufacturers in the implementation of FOPNL, inform future policy direction on this issue in NI and across the UK and complement the joint four nation FOPNL consultation. The <a href="#">research report</a> is available on food.gov.uk and is currently being disseminated among FSAs strategic partners.	



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Cheesecake Nutritional Analysis	<p>During 2019, the FSA and the 11 district councils in Northern Ireland (NI) carried out a survey of cheesecake served in restaurants and hotels in NI, to determine the nutritional composition and typical portion sizes in comparison to PHE recommendations. In September 2020, the results were published in a <a href="#">report</a> which showed that portion sizes in this setting are often very large, with bigger cheesecakes containing more energy, sugar, fat, saturated fat and salt, often in excess of recommended daily amounts. The findings of this report will inform targeted interventions with food businesses and manufacturers of puddings to increase the local availability of healthier products.</p>	
Eating Well Choosing Better Tracker Survey (Wave 5)	<p>The Eating Well Choosing Better (EWCB) Tracking Survey monitors Northern Ireland consumers' understanding and knowledge of recommended daily calorie intake, use of traffic light labels, attitudes towards reformulation and calorie information and awareness of campaign communications delivered by the Food Standards Agency in NI to improve consumer's understanding of healthy eating recommendations. The latest <a href="#">report</a> presents the findings from the fifth survey conducted in November 2019 and compares the findings to the four previous surveys to track trends in Northern Ireland consumer's attitudes.</p>	
Kantar Fast Moving Consumer Goods (FMCG) - promotions data	<p>Following the consultation launched by the Department of Health and Social Care on <a href="#">restricting promotions of products high in fat, sugar and salt by location and by price</a>, the FSA in NI purchased additional data from Kantar FMCG specific to promotions. Kantar FMCG provides information on consumers take home food and drink purchases i.e. what consumers are buying. This information excludes food purchased out of the home e.g. in restaurants or takeaways and does not account for food waste. This additional data was obtained to inform a policy position for</p>	



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		NI. The data has been shared with various key stakeholders to date and will continue to be used to inform this policy area as it progresses across the UK.	
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**Northern Ireland Chest Heart and Stroke**

<b>Organisation Name</b>	<b><i>Ongoing Campaigns</i></b>		
<b>NI Chest Heart and stroke</b>	Still Caring Through Covid – rebuilding prevention and care  Skip to the Beat	However, we are running a still caring during covid campaign which includes messages about still caring about early intervention, detection and prevention including reducing risk by promoting a healthy and active lifestyle.	
<b>Organisation Name</b>	<b><i>Schools, Workplace, Community initiatives</i></b>		
<b>NI Chest Heart and Stroke</b>	Workplace	NICHS is delivering a whole system work well live well employee health and wellbeing programme across 4 out of the 5 health regions in NI, funded by our local Public Health Agency – provides: <ul style="list-style-type: none"> <li>• 121 long term support and advice</li> <li>• Organisational wide H&amp;W survey</li> <li>• Recruit &amp; training health champions</li> <li>• Employee led H&amp;W strategy plan to address survey issues</li> <li>• MH First Aid and HC Training and Support</li> <li>• Networking, mentoring Support</li> <li>• Delivery, Evaluation and Celebration</li> </ul>	





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	Schools	Additionally, NICHS offers a range of high quality Well NI services for all settings including workplaces to inspire people to make manageable changes to improve their lives and health. Services includes Well Checks; Well You longer term support; Well Mind; Well Webinars and 121 support as required all services are now provided using digital platforms and face to face pending on risks and regulations.	
	Community	Schools – Online adapted Chester Schools Programme and Well Workshops focus on nutrition and physical activity and Well NI offered to teachers/school staff.  Community – Well Checksvice users and employee wellbeing including service offer for online cook it; well talks; digital heal, E-learning, Information and targeted Well Space and Wellbeing Service for homeless hostels, ser the checks; and social distance walks	
<b>Organisation Name</b>	<b><i>Food Poverty</i></b>		
<b>NICHS</b>		Member of the Food Poverty Network.	
<b>Organisation Name</b>	<b><i>Health Services</i></b>		
<b>NICHS</b>	Care Services	At Northern Ireland Chest Heart & Stroke, we offer a wide range of professional support services for people at risk of and living with chest, heart and stroke conditions. We work with people of all ages throughout Northern Ireland, along with their family and/or carers – work, which is still ongoing, despite the current COVID-19 pandemic.  We understand the huge impact that living with a chest, heart or stroke illness can have on you and on your loved ones. We also know that, pandemic or not, people are still being diagnosed with these conditions and that they continue to need our support.	



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As a result of COVID-19, there are many people who may not have felt confident in seeking treatment during the initial lockdown stage. We therefore anticipate a surge in the number of people who will require our support soon.

Whatever your situation, you can rest assured that NICHS is still on hand to help you – every step of the way.

**We continue to provide the following services throughout the pandemic:**

- Practical advice and information
- Emotional support
- Physical rehabilitation
- Ongoing care

NICHS also offer a range of secondary prevention programmes to CHS survivors to promote and maintain H&W, including: COVID Recovery Service; Post Rehab Exercise Programme; Taking Control Self-Management; Heart Strong Programme.

<b>Organisation Name</b>	<b><i>Research and Evidence Based Activities</i></b>		
<b>NICHS</b>		NICHS is funding a range of research programme linked to physical activity, nutrition and lifestyle behaviour change <a href="http://www.nichs.org.uk">www.nichs.org.uk</a>	



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**Public Health Agency, NI**

<b>Organisation Name</b>	<b>Ongoing Campaigns</b>	
<b>PHA</b>	Choose to Live Better	<p>The PHA ran a public information campaign on obesity during Feb and March 2020 under the identity Choose to live better. The campaign included a nutrition strand and a physical activity strand both of which signposted people to <a href="http://www.choosetolivebetter.com">www.choosetolivebetter.com</a> for helpful weight loss tips and advice.</p> <p>The nutrition strand, 'Extras', focused on the additional (extra) foods eaten, over and above daily requirements. The campaign highlighted how as little as an extra 100 calories per day can add up to a resultant weight gain of 10lbs in a year. The physical activity strand, 'clocking-up', focused on increasing the number of daily steps as a simple and tangible way of incorporating more activity into a daily routine.</p> <p>The campaign aim was to raise awareness of the impact being overweight or obese has on health, and to encourage the target audience to make small practical lifestyle changes that will reduce weight and have a positive impact on their health. The primary target audience for the Choose to Live Better campaign is 25–54-year olds who are overweight or obese (particularly women and those living in areas of deprivation). The secondary target audience for the campaign are all adults who are overweight or obese.</p> <p>Both Extras (February) and Clocking Up (March) included television, radio, outdoor, digital and social media advertising. The evaluation for Extras showed campaign reach was good with seven out of ten (69%) people indicating awareness of at least one campaign element. While the evaluation for Clocking Up indicated lower awareness with almost five out of ten (46%) being aware of at least one campaign element it should be noted the campaign ran for a shorter period than Extras due to the COVID-19 pandemic. Despite this, research found that nine out of ten people exposed to the campaign would do something to improve their physical activity behaviour.</p>
	Portion Control	<p>The PHA is currently focussing on producing the campaign assets in relation to TV and Radio ads for portion control, before 30 November 2020.</p>



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	<p>Press Partnership (UK wide)</p> <p>START</p> <p>Take 5</p>	<p>The PHA is working with the press partnership at UK level, to get the physical activity and healthy eating messages out to the NI audience. This partnership will include the dailies going out from w/c 30th November 2020.</p> <p>PHA continue to support the Start Campaign through <i>safefood</i>'s mini campaign in May- helping to support parents during Covid focussing on encouraging parents to keep kids active and also limit treats.</p> <p>PHA ran a Take 5 campaign linked to the 5 ways to wellbeing, associated with Minding your Head. Specific content was produced to support step 2 'Be Active', promoting key messages and information around physical activity and its associated benefits.</p>	
<b>Organisation Name</b>	<b><i>Schools, Workplace, Community initiatives</i></b>		
<b>PHA</b>	<p>Food in Schools</p> <p>Food in Schools Policy</p> <p>Nutrition education programmes</p>	<p>The PHA continue to be members of the Department of Education's Food in Schools Forum and commissioned the recent review of the nutrition standards for school food.</p> <p>The PHA co-funds with DE a Food in Schools Co-ordinator who supports schools to implement the Food in Schools Policy and chairs the Food in Schools Management Group to ensure the action plan is being delivered. During COVID-19 the FIS Coordinated has worked closely with EA to provide over 600 food parcels to pupils who receive free schools meals and are absence from school for COVID-19 reasons.</p> <p>In response to Covid 19, a number of nutrition education programmes are being converted to online format. Cook It, Food Values and the Good Food Toolkit will be available from August 20. A suite of nutrition webinars are currently being delivered covering a range of key nutrition issues such as food and mood, healthy eating,</p>	



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<p>Nutrition Matters for the Early Years</p>	<p>feeding your family for less, weaning, kids lunchboxes - delivery will commence in August 20 . Other topics being developed include nutrition for older people, weight management and nutrition for teenagers.</p>	
<p>The Daily Mile</p>	<p>In support of the DoH standards the PHA continues to promote Nutrition Matters for the Early years- guidance for feeding the under 5's in childcare settings - <a href="https://www.publichealth.hscni.net/publications/nutritionmatters-early-years-guidance-feeding-under-fives-childcare-setting">https://www.publichealth.hscni.net/publications/nutritionmatters-early-years-guidance-feeding-under-fives-childcare-setting</a></p>	
<p>Active Travel</p>	<p>This document is made available through the Early Years Teams. Nutrition matters for the early years training continues to be rolled out across the region via the public health dietitians.</p> <p>The PHA continues, as part of Active School Travel, to promote the Daily Mile in participating schools. It is working with DoH, DE and EA to promote the scheme more widely.</p>	
<p>Workplace Health</p>	<p>The PHA continues to support and promote active travel in three key settings: schools (Active School Travel programme), workplaces (Leading the Way with Active Travel – key workplaces in Belfast and the Western area), and communities (Community Active Travel programme in 12 disadvantaged communities in Belfast). Planning is underway to explore opportunities to enhance these.</p>	
<p>Physical Activity Referral Programme</p>	<p>The PHA Workplace Health commissioned service has been rebranded as 'Work Well Live Well' and new contracts were awarded to NICHs and DHC on 1st March 2020. <a href="https://www.publichealth.hscni.net/news/health-initiative-help-people-work-well-and-live-well">https://www.publichealth.hscni.net/news/health-initiative-help-people-work-well-and-live-well</a></p>	
<p>Breastfeeding</p>	<p>The PHA has developed and tested a standardised regional model for Physical Activity Referral Schemes. The scheme is operational across all 11 Councils.</p>	



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Ongoing work to support A Fitter Future for All outcomes continues. New investment during 2020/21 has included support to the National Childbirth Trust (NCT) to provide specialist support to breastfeeding mothers using virtual platforms and therefore having a regional reach. The PHA are also developing the business case to gain regional consistency for breastfeeding peer support link workers.

<b>Organisation Name</b>	<b>Food Poverty</b>		
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<b>PHA</b>	Overview	<p>The Department for Communities has the statutory responsibility for poverty in Northern Ireland. The Public Health Agency is responsible to the Department of Health and part of this remit is to improve health and wellbeing and tackle health inequalities within Northern Ireland. Within its Health Improvement function the PHA work collaboratively with a range of sectors, across a range of thematic issues, to improve health and tackle health inequalities for some of the most vulnerable in society.</p> <p>As part of this work the PHA supports a number of poverty related interventions – focusing on fuel, food and income related poverty. This is primarily an influencing role, although as a result of local legacy arrangements, other commitments and collaborative work with other partners, poverty work is sometimes commissioned to improve health outcomes for the most vulnerable.</p>	
	Fareshare	<p>In relation to food poverty the only PHA regional investment is a part contribution to the core costs of the Fareshare programme (£40,042) Fareshare is co-ordinated through Council for the Homeless Northern Ireland, The Food Standards Agency are the other main core funder of Fareshare. In addition to this regional commitment the PHA also works collaboratively at a local level with key stakeholders and partners to progress work to tackle poverty, this also includes food related education and skills-based work taken forward through the nutrition and obesity thematic area including the following:</p>	



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	<p>Feed Your Family for Less</p> <p>Holiday Hunger</p> <p>Supporting food provision to vulnerable groups during Covid-19</p>	<p>The PHA supported the Community Nutrition and Dietetic Service (BHSCT) to produce a food bank specific recipe which was disseminated across the region <i>Get cooking... making the most of your food parcel recipe book</i></p> <p>The community dietitians have developed a suite of rolling webinars focussing on key nutrition messaging including – <i>Feed Your family for Less</i></p> <p>Holiday Hunger programmes – working in collaboration with Children in NI to deliver holiday hunger schemes in two localities. These holiday clubs provide a supportive, learning, encouraging environment for children and young people during holiday periods and ensure children and young people in attendance receive a balanced meal.</p> <p>The PHA engaged with DfC to provide suggestions on how emergency food parcel contents could be improved nutritionally for the shielding cohort going forward. Draft weekly menu plans were produced based on the products available in one food parcel to illustrate how the food could be used in meal planning.</p>	
<b>Organisation Name</b>	<b>Health Services</b>		
<b>PHA</b>	<p>Minimum nutritional standards for healthcare facilities (NI)</p>	<p>The reviewed edition of the standards awaits publication. The funding partners are planning a launch event for later on this year.</p> <p>The PHA continues to offered to all eligible pregnant women with a BMI of 38 and above the WTHP programme. Women participating in the programme are supported Dietitians and midwives within</p>	



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	Way to Healthy Pregnancy Programme	project teams. Weight monitoring is part of the programme, women self-report their weekly weights alongside recording of weights at routine ante-natal face to face contacts.	
<b>Organisation Name</b>	<b><i>Research and Evidence Based Activities</i></b>		
<b>PHA</b>	Early Years Obesity Prevention Programme	Early Years Obesity Prevention Programme has been procured and HENRY commissioned to deliver an Evidence Based Training to Staff in HSCTs and Surestarts to deliver to families with children aged 0-5. The contract started in February 2020, however, implementation was delayed due to Covid 19. Plans are in place to implement from October 2020. Plans include training for staff across the HSC to be trained in raising the issue of childhood obesity.	
	Health Intelligence COVID-19 Evidence and Guidance Overview – Obesity, Physical Activity and Nutrition	The PHA has developed a broad overview of evidence and guidance in the area of COVID-19, obesity, physical activity and nutrition. This is not an in-depth review, rather a compilation of the main messages available at the date of the latest update. This overview has been prepared as a resource for the PHA and partner organisations, however, it is not intended for issue to members of the public. Last updated: 29 July 2020	
	Reversing the Trend Foundation research	The PHA is exploring the possibility of supporting Reversing the Trend Foundation in a UK wide research call through a PHA R&D application, in line with support from EA and other government departments through Community Planning. RTT uses a neuroscience approach to improve childrens behaviours, in attempt to reduce levels of obesity, increase levels of physical activity and improve mental health and emotional wellbeing.	
	Breastfeeding intelligence	Reporting on infant feeding data from NIMATS and the CHS is provided in a new 2020 Breastfeeding Health Intelligence Briefing as seen at <a href="https://www.publichealth.hscni.net/breastfeeding_briefing">https://www.publichealth.hscni.net/breastfeeding_briefing</a>	





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**safefood**

<b>Organisation Name</b>	<b>Ongoing Campaigns</b>		
<b>safefood</b> in partnership with Department of Health and Public Health Agency in NI; and Healthy Ireland, Department of Health and HSE in ROI	START Campaign	<p>START is a 5-year public awareness campaign aimed at maintaining a healthy weight in children across the island of Ireland. The campaign builds on previous childhood obesity campaigns and aims to help families start to take small daily wins towards a healthier lifestyle for their children.</p> <p>The focus for 2020 has been to support families to start and maintain healthy behaviours during the pandemic. START messages were communicated through social and digital channels on an ongoing basis.</p> <p>Qualitative research was conducted with 13 families across the island during July and this informed the phase of START promotion in August/September. The phase focused on the fact that healthy routines start with sleep and supporting parents with establishing a good bedtime routine for the return to school.</p> <p>The next phase of the campaign will be launched mid-October and will focus on making the most of family time by starting a healthy habit.</p>	<a href="https://www.safefood.net/start">https://www.safefood.net/start</a>
<b>Safefood</b>	Food Pyramid 1-4 year olds (ROI)	<b>safefood</b> coordinated the food photography for 1-4-year-old healthy guidelines. <b>safefood</b> is currently developing a resource around serving sizes for this age group based on the food photography. This will be promoted through the START campaign.	
<b>Safefood</b>	Nutrition podcasts	<p>The <b>safefood</b> podcasts share insights and advice from leading experts on nutrition and food safety, looking at issues that affect healthy eating &amp; nutrition on the island of Ireland.</p> <p>The podcasts are available on the safefood website, Spotify, iTunes Podcasts and Google Podcasts.</p>	<a href="https://www.safefood.net/nutrition/podcasts?gclid=CjwKCAiA4o79BRBvEiwAjteoYL3p8jPlxK-Y-cmBl-Po9juuwq-Q8oa6UgIX7VECFz2IG">https://www.safefood.net/nutrition/podcasts?gclid=CjwKCAiA4o79BRBvEiwAjteoYL3p8jPlxK-Y-cmBl-Po9juuwq-Q8oa6UgIX7VECFz2IG</a>



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<b>Organisation Name</b>	<b><i>Schools, Workplace, Community initiatives</i></b>		
<b>safefood</b>	Rufus	The Rufus Handwashing pack was distributed to pre-schools and primary schools in September to communicate the importance of correct and regular handwashing and the key occasions when we should be washing our hands.	
	Media wise	The Media Wise resource for primary schools is due to be launched in NI in November.	
	Vision Sports and Council for the Blind Ireland	<b>safefood</b> supports this organisation and its members by providing relevant content to Vision Sports Ireland for their monthly newsletter and other communications. We also supported the ENVISION training programme, supporting people who are living with sight loss.	
<b>Organisation Name</b>	<b><i>Food Poverty</i></b>		
<b>safefood</b>	Community Food Initiative Programmes	<p><b>safefood</b> continues to work with SECAD and delivering some small projects remotely. These projects have been very successful and showed a very positive impact on participants' cooking habits during lockdown with some participants also mentioning support and increased sense of community during challenging times as a positive impact on their feedback.</p> <p><b>safefood</b> is now inviting community organisations on the island of Ireland to apply for funding and to deliver their own <b>CFI at Home</b> project.</p> <p><b>CFI at Home</b> Community organisations in both jurisdictions have been successfully applying for funding to deliver projects in their own local areas. The purpose of this programme is to support families in their own homes to develop their cooking skills and healthy eating habits.</p>	
	Transform your trolley in	<b>safefood</b> and the Healthy Living Centre Alliance in Northern Ireland will deliver a Transform your trolley initiative in Northern Ireland. This campaign is scheduled to start on the 9 <sup>th</sup> of November.	



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	<p>Northern Ireland</p>           <p>All-island Food Poverty Network</p>	<p>The programme will be developed by <b>safefood</b> and delivered in partnership by both organisations. At a regional level, we will deliver a social media campaign, focusing on planning and shopping. At a local level, the Healthy Living Centre Alliance will support low-income families within their communities to make small and practical changes to their large weekly supermarket shop to achieve a better balance of foods in line with the Eatwell Guide.</p> <p>The network workshop took place on the 20<sup>th</sup> of October will as a zoom webinar and shared the challenges and learnings from the responses to tackle food poverty/insecurity during the Covid-19 pandemic in different jurisdictions. Hannah Lambie-Mumford from the University of Sheffield presented the preliminary findings from their Food Vulnerability during COVID-19 report, an overview of responses to households experiencing food insecurity during the pandemic. Sharon Polson shared the Department for Communities’ response in Northern Ireland, including updates on their work with Fare Share, the COVID-19 Community Support Fund, and the Social Supermarket programme. Eimear Delahunty shared FoodCloud’s experience in providing food to different vulnerable groups during the pandemic in the Republic of Ireland.</p> <p>The next AIFPN newsletter is due to be published at the end of November.</p>	<p><a href="https://www.safefood.net/professional/events/food-poverty-learnings-from-responses-to-covid-19">https://www.safefood.net/professional/events/food-poverty-learnings-from-responses-to-covid-19</a></p>
<p><b>Organisation Name</b></p>	<p><b><i>Health Services</i></b></p>		
<p><b>safefood, PHA, FSA NI</b></p>	<p>Minimum nutritional standards for healthcare facilities (NI)</p>	<p><b>Minimum Nutritional Standards for Health and Social Care Facilities (NI)</b> The reviewed edition of the standards awaits publication. The funding partners are planning a launch event for later on this year. It is planned that the <b>safefood</b> website will host the digital elements and resources that will support the implementation work.</p>	
<p><b>Organisation Name</b></p>	<p><b><i>Research and Evidence Based Activities</i></b></p>		



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<b>safefood,</b>	Ongoing Research	<p>Portion control tools</p> <p>Online survey of the nutritional content of plant based main meal products</p> <p>Public perception and acceptability of obesity related intervention</p> <p>Food supplements – why do consumers take them</p> <p>Exploring the world of food and food decisions for families – qualitative study</p>	<a href="https://www.safefood.net/research">https://www.safefood.net/research</a>
	New projects commissioned in 2020	<p>Building sustainability into healthy eating guidelines</p> <p>Secondary analysis of dietary surveys of children’s diets on the island of Ireland</p> <p>Fiscal and pricing policies related to food and non-alcoholic drinks: a review of the evidence</p>	

**Sports Ireland**

<b>Organisation Name</b>	<b>Ongoing Campaigns</b>	
Sport Ireland	<p><b>Your Personal Best Month (November 2020)</b></p> <p>Your Personal Best Month is an exciting project encouraging men to stop making excuses and to engage in 30 minutes of moderate physical activity five days a week. The campaign is being supported by various sporting National Governing Bodies such as Cycling Ireland, Athletics Ireland, Get Ireland Walking and Swim Ireland, who will provide information, advice and programmes for men who want to become more active with resources available at <a href="http://www.sportireland.ie/">www.sportireland.ie/</a>. The campaign is also being supported by the nationwide network of Local Sport Partnerships, who will provide practical support on the ground.</p> <p>Sport Ireland’s Irish Sports Monitor 2019 revealed that only one in four men aged 45-54 meet the World Health Organisation’s recommended 150 minute of exercise per week. On average, men of this age are physically active for just 87 minute per week or 12 minute per day, with one in six not participating in any sport or exercise. Further details on Your Personal Best Month are available to view <a href="#">here</a></p>	



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**Keep Well Campaign**

The Government Plan for Living with COVID-19: Resilience and Recovery 2020-2021 highlights the important role that individual and community resilience will play in contributing to our ongoing response to COVID-19. This campaign is an invitation to individuals, communities, voluntary groups, sporting organisations, those involved in creativity and the arts, local heritage and history, businesses, as well as local and national government to find ways to support everyone to discover new activities and routines that will do us good.

The “Keep Well” campaign is aimed at showing people of all ages how we can mind our own physical and mental health and wellbeing by adding healthy and helpful habits to our daily and weekly routines. It will provide guidelines, information, and tips on things that will help us keep well through the coming months. All of this will be available on [www.gov.ie/healthyireland](http://www.gov.ie/healthyireland) and additional information on the work of Sport Ireland for this campaign is available [here](#).

The “Keep Well” campaign is focussed on five main themes:

1. Keeping active - keeping active and being outdoors, even during the winter, is important to help physical and mental health and wellbeing. Sport Ireland is leading a series of initiatives that will support people to stay active in their own local areas throughout the winter. In addition, sporting organisations and clubs are invited to develop ways to support local communities.
2. Staying connected - staying connected with people, addressing isolation, supporting volunteerism and initiatives that support person-to-person connection is important to our wellbeing. Building on the Community Call response earlier in the year, Local Authorities are being supported to provide a local community helpline and befriending service. Working with partner organisations, including An Garda



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Síochána, NGOs and Volunteer Ireland, there will be a particular emphasis on identifying and supporting those most at risk of isolation.

3. Switching off and being creative - switching off and being creative or learning something new, getting back to nature and finding ways to relax can help our general wellbeing. The Local Authorities and libraries, with advice from the Creative Ireland Programme, and working with partners at national and local level, will provide a range of initiatives to support individual and community creativity in the arts, crafting, culture and heritage.
4. Eating well - by nourishing our bodies and minds, we can develop a better connection between the food we eat and how we feel and positively impact our physical and mental wellbeing. Bord Bia will provide information and resources to support healthy eating this winter. Safefood will implement the next phase of their “START” campaign, focussing on making the most of family time and adding healthy habits. In addition, the network of libraries around the country will facilitate a major initiative with Grow It Yourself in early 2021, to support more people to grow their own food – in whatever small way they can – helping to forge greater connections between growing food and eating well and develop community networks.
5. Minding your mood – equipping people with information on where to go if they need support. This will also be linked with the local community helpline to ensure that people can access the support they need. The HSE will launch a series of “Minding Your Wellbeing” resources in the coming days. In addition, the Children and Young Peoples’ Services Committees (CYPSC) around the country are being supported to provide enhanced services to children, young people and families over the coming months.

**Sport Ireland At Home Exercise Booklets  
Older Adults Booklet**



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The Sport Ireland Older Adults Home Exercise Plan, aims to support older adults to be more active on a daily basis. This plan provides 8 exercises which can be performed at home with little to no equipment required. The plan also provides a 4-week physical activity planner which supports people to set out and reach their physical activity goals. A copy of this booklet is available to view [here](#)

**People with a Disability Booklet**

The Sport Ireland Home Exercise Plan for People with a Disability, aims to support individuals with a disability to be more active on a daily basis. This plan provides 8 exercises which can be performed at home with little to no equipment required. The plan also provides a 4-week physical activity planner which supports people to set out and reach their physical activity goals. A copy of this booklet is available to view [here](#)

**#BeActive Booklet**

The Sport Ireland BeActive Booklet, aims to support people of all ages to be more active on a daily basis. This plan provides 6 exercises which can be performed at home with little to no equipment required. The plan also provides a 4-week physical activity planner which supports people to set out and reach their physical activity goals. A copy of this booklet is available to view [here](#)

**Women in Sport**

- In March 2019, Sport Ireland launched its Policy on Women in Sport. Through the policy, four key areas were identified which have emerged as current gaps & future opportunities for women in sport. Sport Ireland are targeting each of these four areas to deliver on the commitments of this policy and have developed associated actions for each pillar. A copy of the Sport Ireland Policy on Women in Sport is available to view [here](#)



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- Nora Stapleton was employed in April 2019 as Sport Ireland’s Women in Sport Lead. Her role is to ensure the successful implementation of the objectives and actions as outlined in the WIS Policy.
- The Women in Sport Steering Committee was set up in March 2019 with the purpose of supporting the implementation of the WIS Policy and to support and guide the work of the Women in Sport Lead. An outline of its members is attached to this document.
- Since 2019, under the re-designed investment programme, over €3 Million euro has been invested into National Governing Bodies (NGBs) and Local Sports Partnerships (LSPs) to increase female participation in the following four pillars: Active Participation, Coaching & Officiating, Leadership & Governance and Visibility.
- Work is ongoing to develop a multi-sport coaching workshop for coaches of teenage girls. The workshop will be delivered by LSPs and NGBs to coaches of teenage girls as a means of upskilling them in ways of keeping girls in their sport. Tutors from LSPs and NGBs will attend a tutor training workshop at the end of November. The workshop will then be piloted with coaches in December or January, with a launch date possibly in March 2021. This project will help achieve the action set out in the Women in Sport Policy; ‘Promote the establishment of a ‘girls in sport toolkit’, which better assists coaches in supporting young girls who are at risk of drop-out’.
- Sport Ireland has embarked on a project titled, ‘Adolescent Girls Get Active’. Sport Ireland is seeking to develop a resource for use by the sports sector (Local Sports Partnerships (LSPs) and National Governing Bodies (NGBs)) to support them in their development and implementation of sports programmes targeting adolescent girls in disadvantaged areas to participate in sport and physical activity. Our belief is that such a tailored approach, which seeks to identify the specifics of non-participation among adolescent





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girls, to understand their experiences, orientations and preferences, and to design responses accordingly, offers a greater chance of successfully addressing the gender gradient in participation in sport and physical activity that emerges during these years. London based agency, Women in Sport, have been contracted to oversee the project. It is due to be completed in December 2020 and will be piloted in 2021.

**EU Week of Sport**

Sport Ireland is the National Co-ordinating Body for the European Week of Sport which took place from the 23<sup>rd</sup> - 30<sup>th</sup> September 2020. The European Week of Sport is a weeklong celebration of sport and physical activity and in 2020 had 535 events taking place nationally throughout the week including #BeActive Paddle Day, National Walking Day, and the European School Sports Day as part of the 11 flagship events. 12 Local Sport Partnerships delivered innovative #BeActive events as part of European Week of Sport 2020; Clare, Cork, Fingal, Kerry, Leitrim, Longford, Mayo, Meath, Roscommon, Sligo, Wexford and Wicklow. A wide variety of events took place over the week including outdoor and virtual activities including open water swimming, orienteering, yoga and outdoor fitness classes. More information on the European Week of Sport can be found here: [www.sportireland.ie/europeanweekofsport](http://www.sportireland.ie/europeanweekofsport)

**Operation Transformation:**

Sport Ireland will partner again with Operation Transformation in January and February 2021, aiming to deliver events to engage and activate thousands of followers of the show. In 2020, Sport Ireland and the national network of Local Sports Partnerships delivered a programme of national walking and running events which built on the success of the television programme. 22,000 people took part in 2020 with 17,000 taking part in 143 LSP organised Nationwide Walks and 5,000 people in the Operation Transformation 5k in the Phoenix Park. Plans for the 2021 series are ongoing.

**Sport Ireland Strategy 2018-2022**



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The Sport Ireland Statement of Strategy highlights the increased recognition given to the role which sport and physical activity plays in contributing to individual and community health and wellbeing. Sport Ireland works primarily with the 65 National Governing Bodies of sport (NGBs), their clubs and their 400,000 volunteer coaches and administrators to develop an effective sports structure. These NGBs, clubs and volunteers are the cornerstone of sport in Ireland. Sport Ireland also works with Community sport providers, primarily via the Local Sports Partnership Network. These communities are also central to the provision of sport in Ireland. This document is available to view [here](#)

**National Sports Policy (NSP)**

The National Sports Policy, launched in 2018, acknowledges and sets the direction for the area for sport and physical activity in Ireland. There is a marked increase in emphasis on the importance of participation in sport, also in relation to improving physical and mental health, to protect against a range of non-communicable diseases and contribute to a better quality of life. Twenty four actions out of the fifty seven in the policy relate specifically to participation and as a consequence will have a significant impact on our work in this area moving forward up to 2027. This document is available to view [here](#)

**National Physical Activity Plan**

Sport Ireland are the lead agency for sport with responsibility for 7 actions within Healthy Ireland's National Physical Activity Plan for Ireland. Sport Ireland's network of Local Sports Partnerships and National Governing Bodies of Sport are also listed as partner organisations in over 20 separate actions, all of which aim to increase physical activity levels across the Irish population. Within Healthy Ireland's 'A-Healthy-Weight-for-Ireland-Obesity-Policy-and-Action-Plan-2016-2025', The National Physical Activity Plan for Ireland is acknowledged as having a key role in the prevention of overweight and obesity across Irish Society. This document is available to view [here](#)



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<b>Sport Ireland</b>	<p>Sport Ireland’s network of Local Sports Partnership aims to remove any barriers that prevents participation in sport. In 2020, Sport Ireland (through Core funding and Dormant Accounts Funding) allocated in excess of €10.5m to the 29 established Local Sports Partnerships for a range of programme, with a particular focus on those who are not participating in sport and disability funding. In 2019, Sport Ireland’s investment into the LSP network helped them to generate additional local and national monetary and benefit in kind funding of over €12.5 million leveraged in to support the network. In 2019, 466,380 people participated in 1,427 locally delivered participation programmes through the Local Sports Partnership network. Each year Sport Ireland produces a comprehensive report on the work it its Local Sports Partnership Network. The latest version of this report is available to view <a href="#">here</a></p> <p><b>Schools:</b> The LSP Network directly reached 177,971 primary school and 46,546 secondary school participants during 2019.</p> <p><b>Get Ireland Walking</b>, an initiative of Sport Ireland, delivers the ‘Schools Walking Project’, which was developed by Get Ireland Walking in collaboration with Sport Ireland, Mountaineering Ireland &amp; Healthy Ireland and funded through the Dormant Accounts Fund, with the aim of increasing physical activity levels in adolescent schoolgirls through a flexible walking programme. The project allows for young people to take part in the implementation of programmes in which they are involved and plays an integral part of the Active School Flag. Get Ireland Walking is a national initiative of Sport Ireland, in partnership with Healthy Ireland that aims to maximise the number of people participating in walking - for health, wellbeing and fitness - throughout Ireland. They aim to unify and enable the efforts of all recreational, sporting and health promotion agencies and associations interested in promoting walking. Further information on Get Ireland Walking is available <a href="#">here</a></p> <p>Additionally, in 2020, Athletics Ireland received support through Sport Irelands Dormant Accounts Fund for Primary and Secondary school focused initiatives as outlined below:</p>



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**Fit4Class National Schools Programme**

A national school-based programme focusing on the Athletics events of running, jumping and throwing among national school children. The nature of the programme is on developing and enhancing agility, balance and coordination through games based on athletics events in a fun, engaging, and non-competitive environment. Further details on this project is available [here](#)

**IRunForFun Secondary Schools Programme**

This is a programme aimed to increase activity levels of entire schools by encouraging engagement in recreational running in students of all levels of fitness. It also aims to give students an increased awareness of the importance of living an active and healthy lifestyle. This is an inclusive, whole school programme which aims to appeal to both sedentary and active students. Further details on this project is available [here](#)

**Community Initiatives:**

The LSP Network directly delivered 39,588 community-based initiatives in 2019. In 2020, 41 Community Sports and Physical Activity Hubs and 15 Urban Outdoor Adventure Hubs were funded across Ireland through the LSP network. These Hubs seek to work with, schools, sports clubs and local organisations to improve the sport offering in their local communities. The hubs provide information, support and advice on a wide range of sports and physical activities to make it easier for people in disadvantaged areas to get involved and engage in a more active and healthier lifestyle. Evaluation reports on the Community Sports and Physical Activity Hubs are available to view [here](#) and [here](#)

In 2020, Sport Ireland supported the employment of 29 Community Sports Development Officers are the Local Sports Partnership Network. These Community Sports Development Officers are tasked with activating local communities through a variety of means including the co-ordination of targeted programmes and training initiatives for clubs and communities. CSDO's also support the objectives of the National Physical Activity Plan action to 'Strengthen and enhance the capacity of the LSPs to further develop locally led plans and more long-term sustainable physical activity programmes'.



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Sport Ireland supports the National Physical Activity Plan action 45 to ‘develop a physical activity for health culture in Ireland through the development of new Get Ireland Running, Get Ireland Cycling and Get Ireland Swimming initiatives’. In 2020, through Dormant Accounts Funding, Sport Ireland invested €450,000 across Athletics Ireland, Cycling Ireland and Swim Ireland to support this action.

A breakdown of Sport Irelands Dormant Accounts Fund investment of €7.3M for Sport and Physical Activity is available to view [here](#)

A breakdown of Sport Ireland’s overall 2020 investment into Sport is available to view [here](#)

**COVID-19**

Sport Ireland have recently announced the investment of €85M for the Irish sports sector which has been significantly impacted by the various COVID-19 restrictions imposed since March 2020. Further information on this announcement is available [here](#)

		<p>Sport Ireland supports the National Physical Activity Plan action 45 to ‘develop a physical activity for health culture in Ireland through the development of new Get Ireland Running, Get Ireland Cycling and Get Ireland Swimming initiatives’. In 2020, through Dormant Accounts Funding, Sport Ireland invested €450,000 across Athletics Ireland, Cycling Ireland and Swim Ireland to support this action.</p> <p>A breakdown of Sport Irelands Dormant Accounts Fund investment of €7.3M for Sport and Physical Activity is available to view <a href="#">here</a></p> <p>A breakdown of Sport Ireland’s overall 2020 investment into Sport is available to view <a href="#">here</a></p> <p><b>COVID-19</b></p> <p>Sport Ireland have recently announced the investment of €85M for the Irish sports sector which has been significantly impacted by the various COVID-19 restrictions imposed since March 2020. Further information on this announcement is available <a href="#">here</a></p>	
<b>Organisation Name</b>	<b>Food Poverty</b>		
<b>Sport Ireland</b>	Not applicable to Sport Ireland	Not applicable to Sport Ireland	
<b>Organisation Name</b>	<b>Health Services</b>		
<b>Sport Ireland</b>		<p>Sport Irelands Network of Local Sports Partnerships work closely with the HSEs Community Healthcare Organisations (CHOs) at a local level to support the delivery of sport and physical activity opportunity through Mental Health and Health &amp; Wellbeing Services.</p> <p>The HSE is currently increasing the roll out of the <b>Men on the Move programme</b> in conjunction with Local Sports Partnerships and Sport Ireland across local authority areas and a training programme is being rolled out to support</p>	



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LSPs to deliver on this programme. Men on the Move is a wellness programme with a primary focus on physical activity. The purpose of the programme is to use physical activity as a ‘hook’ to engage men in their health with a view to improving their overall health and wellbeing. An evaluation report on the Men on the Move programme is available to view [here](#)

**Organisation Name** *Research and Evidence Based Activities*

**Sport Ireland**

The 2019 Irish Sports Monitor (ISM) was published in September in conjunction with Ipsos MRBI. It is 12 years since Sport Ireland initiated the ISM to monitor and track adult participation in sport in Ireland. The key findings were:

- 46% of the adult population regularly participate in sport, which is roughly 1.7 million people. There was an 150,000 additional participants since 2017
- The gender gap in sports participation continues to narrow at 3.4% and is the lowest point since ISM introduced in 2007
- The most popular sports to participate in are personal exercise, swimming, running, cycling, soccer, yoga and dancing
- 34% of adults meet the National Physical Activity Guidelines
- Persistent age and social gradients exist in sports participation

In conjunction with Ipsos MRBI Sport Ireland have been tracking the impact of Covid-19 restrictions on sport participation and recreational walking. The research includes the same questions asked on the Irish Sports Monitor.

- The survey was undertaken over seven waves between 29 February and 29 June. The “Delay” phase of Ireland’s response to Covid-19 commenced on 12 March (school closures, limited outdoor gatherings, work from home if possible, etc.) while the “Stay at Home” enhanced lockdown phase commenced on 27 March. Restrictions were eased on a phased basis commencing on 18 May.



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- Approximately 1,000 respondents took part in each survey wave
- More adults are currently active than before the restrictions commenced, although the proportion that are inactive increased during recent easing of restrictions
- While there has been a fall in the numbers participating in sport compared to during the Stay at Home phase, current participant numbers still remain much higher than in the earlier stage of the restrictions.
- Running and cycling numbers continue at unprecedented levels

**Organisation Name**

*Other*

**Sport Ireland**

Sport Ireland also have a focus on the below actions, as outlined in the National Sports Policy and National Physical Activity Plan for Ireland:

- Implement and support participation programmes with a focus on socio economically, educationally disadvantaged communities and those with a disability
- Strengthen and enhance the capacity of the LSPs to further develop locally led plans and more long-term sustainable physical activity programmes
- Continue to support the work of the National Governing Bodies of sport in implementing programmes to promote physical activity
- Develop programmes to address transitions and drop out from physical activity and sport