

## Meeting minutes: NNR 2022 Committee Meeting May 3 and 4, 2022

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<b>Leader of the meeting</b>	Rune Blomhoff
<b>Date</b>	3-4/05-2022
<b>Place</b>	Teams-meeting
<b>Secretary</b>	Anne Høyer.
<b>Attending</b>	<ul style="list-style-type: none"><li>• Rune Blomhoff, University of Oslo, Oslo, Norway</li><li>• Maijaliisa Erkkola, University of Helsinki, Helsinki, Finland</li><li>• Anne Høyer, The Norwegian Directorate of Health, Oslo, Norway</li><li>• Rikke Andersen, Technical University Denmark, Kgs. Lyngby, Denmark</li><li>• Eva Warensjö Lemming, The Swedish Food Agency, Uppsala, Sweden</li><li>• Þórhallur Ingi Halldórsson, University of Iceland, Reykjavík, Iceland</li><li>• Hanna Eneroth, The Swedish Food Agency, Sweden</li><li>• Inga Þórsdóttir, University of Iceland, Reykjavík, Iceland</li><li>• Tagli Pitsi, National Institute for Health Development, Tallinn, Estonia</li><li>• Ellen Trolle, Technical University Denmark, Kgs. Lyngby, Denmark</li><li>• Helle Margrete Meltzer, Norwegian Institute of Public Health, Oslo, Norway</li><li>• Ursula Schwab, University of Eastern Finland, Kuopio, Finland</li><li>• Jacob Juel Christensen, University of Oslo, Oslo, Norway</li></ul> <p><u>SR Centre members</u></p> <ul style="list-style-type: none"><li>• Erik Arnesen, The Norwegian Directorate of Health, Oslo, Norway</li><li>• Birna Thorisdottir, University of Iceland, Iceland</li><li>• Alfons Ramel, University of Iceland, Iceland</li><li>• Jutta Dierkes, University of Bergen, Norway</li><li>• Fredrik Söderlund, Karolinska Institute, Sweden</li></ul>
<b>Not attending</b>	<ul style="list-style-type: none"><li>• Lāsma Piķele, The Ministry of Health of the Republic of Latvia, Rīga, Latvia</li><li>• Inese Sikсна, The Ministry of Health of the Republic of Latvia, Rīga, Latvia</li><li>• Almantas Kranauskas, Ministry of Health, Vilnius, Lithuania</li><li>• Bjørg Mikkelsen, Food Department at Faroese Food and Veterinary Authority, Faroe Islands</li><li>• Ieva Garanča, The Ministry of Health of the Republic of Latvia, Rīga, Latvia</li></ul>

- Maija Ceruka Ministry of Health of the Republic of Latvia, Latvia
- Haidi Kanamäe, National Institute for Health Development, Tallinn, Estonia

### **1. Discuss referee comments on chapter drafts**

The NNR2022 Committee has developed an extensive procedure for handling the chapters in NNR2022. Chapters are now continuously peer-reviewed and will be adjusted by the chapter authors according to the referee comments, and comments from the NNR2022 Committee, before they will be announced for public hearing through the official NNR2022 webpage. The NNR2022 Committee discussed referee comments for the following chapters: "vitamin B12", "meat and meat products", "Sweets and confectionaries" and "pantothenic acid". The chapters will be returned to the authors with both referee comments and comments from the NNR2022 Committee before they will be considered again for public consultation.

### **2. Manuscript "Handbook for setting dietary reference values (DRVs)"**

The methodology and principles for setting dietary reference values (DRVs) in NNR has not been described in detail previously. Methodologies used in previous versions of NNR and by other international health authorities and organizations such as IOM/NASEM, EFSA and UK, are not identical and they are difficult to find. For transparency, NNR2022 will describe in a Handbook how the DRVs are set. The Handbook will be written as a scientific article that will be submitted for publication in Food & Nutrition Research. The NNR2022 Committee discussed how to proceed with this scientific article/ Handbook. Tentatively, a first draft of this manuscript will be discussed again at a NNR2022 Committee meeting after the summer.

### **3. Workplan fall 2022**

The NNR2022 Committee discussed the workplan for the fall 2022. A meeting schedule was agreed on. Tentatively, the NNR2022 Committee will continue with bi-weekly meetings on Teams. In addition, the Committee are planning for two physical meetings (August and November).

The main activities this summer and early fall will be to continue the discussion of chapter drafts and comments from peer-reviews and from the public consultation of chapters. During late fall, the NNR2022 Committee will start to formulate the dietary reference values and the food based

dietary guidelines. This will be a continuous process as the different chapters are completed. All chapters are considered and handled by the Committee consecutively as they are delivered by the chapter authors.

In addition, the background papers are expected to be finalized during the fall. The main conclusion from these papers will be integrated in the relevant nutrient and food group chapters, if relevant. The following background papers are under development:

- Physical activity in the Nordic and Baltic countries
- Burden of diseases in the Nordic and Baltic countries
- Food and nutrient intakes in the Nordic and Baltic countries (submitted)
- Body weight in the Nordic and Baltic countries
- Background papers (three in total) on environmental sustainability

Finally, the NNR2022 Committee discussed the communication plan that is under development in close collaboration with the Nordic Council of Ministers. The first main event will be the status webinar on May 25<sup>th</sup> where the project leader will inform about the status of the NNR2022 project. The webinar will be open for everyone.

#### **4. Common meeting with the NNR SR Centre**

The NNR2022 project has established a virtual NNR systematic review centre (NNR SR Centre) that conducts all *de novo* SRs in the project. The Centre consists of a group of Nordic multidisciplinary scientists and was established in 2020. Since then, the Centre has worked to conduct the nine prioritized *de novo* SRs in the NNR2022 project. One SR is already published whereas two more are submitted. The rest of the SRs will, tentatively, be submitted for publication before the summer. All SRs will be submitted for publication in Food & Nutrition Research.

The NNR2022 Committee and the NNR SR Centre had a three-hour common meeting to discuss the collaboration and to evaluate the methodologies developed in the NNR2022 project. Overall, it was concluded that the methodologies and Handbook for SRs that was developed *a priori*, has been very useful when conducting the SRs. The methodologies used are similar to the methodology used by other leading international health authorities and health organizations in this field. The unique collaboration between the Nordic countries represents an international effort for harmonization and sharing of resources and competence when developing DRVs and FBDGs. The NNR SR Centre will provide evaluation report on the methodologies used and the collaboration within the centre and between the centre and the NNR2022 Committee that will be very useful in the next update project of the NNR.

## 5. Status sustainability

The NNR2022 project has been tasked to integrate environmental sustainability aspects into the FBDGs. As mentioned previously and also described on the NNR2022 official web-page, the NNR2022 project will, in collaboration with Chatham House and several Nordic/Baltic experts, develop three background papers that will constitute the scientific background for integration of sustainability aspects into the FBDGs. The NNR2022 Committee discussed the status of these papers and further workplan/timeline. At this timepoint, paper 1 is close to be finalized for public consultation. For paper 2, there will be a new internal workshop with all co-authors on May 18. This will tentatively be the last workshop before finalizing the draft that will be announced for public consultation.

Paper 1: Working title: Assessing the environmental sustainability of food production, food systems and diets – an overview of approaches

Paper 2: Working title: Overview of food consumption and sustainability considerations in the Nordic/Baltic region

Paper 3: Working title: Principles for integrating sustainability in FBDGs in the Nordic and Baltic countries

## 6. Formulation of FBDGs

The NNR2022 Committee discussed the format for formulation of the food based dietary guidelines. NNR2022 aims to give science advice to the national food and health authorities who will decide the final formulation of FBDGs. The FBDGs should be as specific and quantitative as possible, however it will be very important to give flexibility for the national health authorities to take into account the local aspects. In addition, it will be important to keep in mind that the FBDGs will stand for probably the next decade and that sustainability aspects are a fast-moving target, meaning that the recommendations should give flexibility. This process will be discussed further during the fall, also with close dialog with the NNR2022 Steering Committee which has representatives from all the Nordic food and health authorities.