

**Meeting minutes: NNR 2022 Committee Meeting March 15, 2023**

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**Leader of the meeting** Rune Blomhoff

**Date** 15/03-2023

**Place** Teams-meeting

**Secretary** Anne Høyer

**Attending**

- Rune Blomhoff, University of Oslo, Oslo, Norway
- Erik Arnesen, The Norwegian Directorate of Health, Oslo, Norway
- Anne Høyer, The Norwegian Directorate of Health, Oslo, Norway
- Helle Margrete Meltzer, Norwegian Institute of Public Health, Oslo, Norway
- Jacob Juel Christensen, University of Oslo, Oslo, Norway
- Maijaliisa Erkkola, University of Helsinki, Helsinki, Finland
- Hanna Eneroth, The Swedish Food Agency, Sweden
- Rikke Andersen, Technical University Denmark, Kgs. Lyngby, Denmark
- Ellen Trolle, Technical University Denmark, Kgs. Lyngby, Denmark
- Inga Þórsdóttir, University of Iceland, Reykjavík, Iceland
- Tagli Pitsi, National Institute for Health Development, Tallinn, Estonia

**Not attending**

- Þórhallur Ingi Halldórsson, University of Iceland, Reykjavík, Iceland
- Inese Sikсна, The Ministry of Health of the Republic of Latvia, Rīga, Latvia
- Ieva Gudanašičienė, Ministry of Health of the Republic of Lithuania, Lithuania
- Bjørg Mikkelsen, Food Department at Faroese Food and Veterinary Authority, Faroe Islands
- Lāsma Piķele, The Ministry of Health of the Republic of Latvia, Rīga, Latvia
- Haidi Kanamäe, National Institute for Health Development, Tallinn, Estonia
- Ursula Schwab, University of Eastern Finland, Kuopio, Finland
- Eva Warensjö Lemming, The Swedish Food Agency, Uppsala, Sweden

### **1. Inclusion of environmental aspects for food groups in one-pagers**

The NNR Committee discussed the format on how environmental sustainability aspects should be included in the one-pagers and summary tables for the food groups. The arguments for environmental sustainability will not be finalized until the public consultation of all background papers on sustainability aspects are finalized.

### **2. Discuss weight curves for life-stage groups**

The NNR Committee discussed reference weight curves for energy calculations and for scaling purposes. For life stage groups aged 18 years or more, healthy weights are, in agreement with the consideration in NNR2012, defined as a BMI of 23 kg/m<sup>2</sup>. For children and adolescents 7-17 year of age, healthy weights were calculated based on updated height curves in the Nordic and Baltic countries and corresponding healthy BMIs defined by WHO. For age groups 6 years and younger, healthy weights were defined based on national surveys. These new weight curves are an important improvement from previous editions and ascertain that scaling is performed according to healthy weight curves representative for Nordic and Baltic countries.

### **3. Discuss further process and finalization of summary report**

The NNR Committee discussed the format and the first draft of the text in the NNR summary report. The summary report will be the main report from the NNR Committee and will include all the conclusions. The Summary report will be announced for public consultation.