

**Meeting minutes: NNR 2022 Committee Meeting November 15 and 16, 2022**

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<b>Leader of the meeting</b>	Rune Blomhoff
<b>Date</b>	15-16/11-2022
<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>• Anne Høyer, The Norwegian Directorate of Health, Oslo, Norway</li><li>• Rikke Andersen, Technical University Denmark, Kgs. Lyngby, Denmark (attended 15.11.22)</li><li>• Ellen Trolle, Technical University Denmark, Kgs. Lyngby, Denmark</li><li>• Tagli Pitsi, National Institute for Health Development, Tallinn, Estonia</li><li>• Inga Þórsdóttir, University of Iceland, Reykjavík, Iceland</li><li>• Maijaliisa Erkkola, University of Helsinki, Helsinki, Finland</li><li>• Helle Margrete Meltzer, Norwegian Institute of Public Health, Oslo, Norway</li><li>• Ursula Schwab, University of Eastern Finland, Kuopio, Finland</li><li>• Lāsma Piķele, The Ministry of Health of the Republic of Latvia, Rīga, Latvia</li><li>• Hanna Eneroth, The Swedish Food Agency, Sweden</li><li>• Þórhallur Ingi Halldórsson, University of Iceland, Reykjavík, Iceland</li></ul>
<b>Not attending</b>	<ul style="list-style-type: none"><li>• Inese Sikšna, The Ministry of Health of the Republic of Latvia, Rīga, Latvia</li><li>• Bjørg Mikkelsen, Food Department at Faroese Food and Veterinary Authority, Faroe Islands</li><li>• Haidi Kanamäe, National Institute for Health Development, Tallinn, Estonia</li><li>• Ieva Gudavičienė, Ministry of Health of the Republic of Lithuania, Lithuania</li><li>• Erik Arnesen, The Norwegian Directorate of Health, Oslo, Norway</li><li>• Jacob Juel Christensen, University of Oslo, Oslo, Norway</li><li>• Eva Warensjö Lemming, The Swedish Food Agency, Uppsala, Sweden</li></ul>

## **1. Status and time schedule**

The project secretary presented a status update on the nutrient and food group chapters for the NNR Committee.

Out of the 53 nutrient and food group chapters, 27 chapters are announced for public consultation. 2 chapters (protein and copper) are still not submitted to the Committee by the chapter authors. The rest of the chapters are in the process of peer-review and adjustments by the authors and will be announced for public consultation as they are finalized.

## **2. One – pager for pantothenic acid, choline and riboflavin (continued discussion from previous meetings)**

Please refer to meeting minutes from 02.11.22 for information regarding the process for setting dietary reference values (DRVs) for nutrients (item 2).

Due to unforeseen events, choline was not discussed.

The NNR Committee has now developed a template for a “one-pager” that will be included in the summary report that will include recommendations for all nutrients and food groups. The summary report will include a “one-pager” for all nutrients and food groups. The template will, however, be developed further as the process continues. The template includes a figure (analytical framework) describing explicitly the indicators for setting the DRVs. In addition, the one-pager will include a very short summary describing dietary intake, main functions, indicators for setting DRVs, deficiency and risk groups and the recommendations. References will also be included.

## **3. Discuss process for setting DRVs for nutrients**

According to description in previous meeting minutes (02.11.22 item 2), the Committee started the process to set dietary reference values (DRVs) for the following nutrients: vitamin K, calcium, folate, potassium and iodine. A suggestion for an analytical framework and a one-pager was presented by the responsible person in the NNR Committee. All nutrients will be discussed further in following Committee meetings.

## **4. Discuss referee comments to chapters**

As described in previous meeting minutes (02.11.22 item 1), the NNR Committee has developed an extensive procedure for handling the chapters in NNR2022.

The NNR2022 Committee discussed referee comments for the chapter on "Antioxidants and phytochemicals". The comments from the referees and the Committee will be returned to the authors.

## **5. Presentation of background paper on disease burden in Nordic and Baltic countries**

The NNR project collaborates with the global burden of disease (GBD) project to develop a background paper on disease burden in the Nordic and Baltic countries. The lead author of this background paper, Benjamin Clarsen at the Norwegian Institute of Public Health, was invited to present a short summary of the draft of this paper. Due to unforeseen events, he was not able to come and present the draft. He will therefore be invited again at a later Committee meeting. The background paper will be finalized and submitted for publication when the GBD 2021 data are available.

## **6. Status sustainability paper 1 and 2**

The public consultation period for the first background paper on environmental sustainability is finalized. The authors of the paper are in the process of handling all public comments. All comments are scrutinized and the manuscript will be adjusted according to scientific valid comments.

The second background paper on environmental sustainability was announced for public consultation on November 14 and will be available until January 16, 2023.

## **7. Status sustainability paper 3 and 4**

The NNR project is developing four background papers on sustainability, two of them having Chatham House as lead authors (Paper 1 and Paper 2) and two of them headed by the NNR Committee members Ellen Trolle and Helle Margrete Meltzer (Paper 3 and Paper 4). The two latter are under development with the help of external experts on food production from all the Nordic countries.

Paper 3 will focus on all the work that already has been done on food, diets and sustainability in the Nordics, including the work of Sweden, Denmark and Finland who have already come far on the path to integrate sustainability into their dietary advice. Furthermore, it will describe the various methods in use, in general, to integrate sustainability into FBDG.

Paper 4 will focus on the country-specific challenges of the Nordics when sustainability is to be integrated in FBDG. It will use the FAO/WHO 2019 guiding principles (Available from: <https://www.fao.org/3/ca6640en/ca6640en.pdf>) for integration as a template for chapters. The guiding principles encompass both environmental and sociocultural aspects

Both papers will be announced for public consultation.

## **8. Formulation of sustainable and healthy food based dietary guidelines**

The NNR Committee discussed the format for the food based dietary guidelines (FBDGs) that will be included in the summary report. The project leader presented several suggestions for how the FBDGs could be formulated. As also discussed with the Steering Committee several times, the formulation of the FBDGs will give the national health authorities flexibility to make national adjustments as needed. In addition, it will be explicitly stated if the recommendations are based on health evidence and/or sustainability evidence. The exact format of the FBDGs is not decided at this timepoint. This topic will be discussed further as the food group chapters are finalized and the Committee will start the process of setting the FBDGs. The NNR is science advise for the national food and health authorities and will not represent the final recommendations for each country.