

Meeting minutes: Steering Group Meeting NNR6 October 20, 2021

Leader of the meeting: Henriette Øien, The Norwegian Directorate of Health, Oslo, Norway

Secretary: Anne Høyer, The Norwegian Directorate of Health, Oslo, Norway

Date: 2021-10-21

Attending

- Henriette Øien, The Norwegian Directorate of Health, Oslo, Norway
- Rune Blomhoff, University of Oslo, Oslo, Norway (NNR2022 project leader)
- Satu Männistö, Finish Institute for Health and Welfare, Helsinki, Finland
- Hólmfríður Þorgeirsdóttir, Directorate of Health, Reykjavík, Iceland
- Ulla-Kaisa Koivisto Hursti, National Food Agency, Uppsala, Sweden
- Anne Scott, Danish Veterinary and Food Administration, Glostrup, Denmark
- Anne Høyer, The Norwegian Directorate of Health, Oslo, Norway (NNR2022 secretariat)

Not attending

- Gregers Hummelose, Danish Veterinary and Food Administration, Glostrup, Denmark
- Anne Phøl Enevoldsen, Danish Veterinary and Food Administration, Glostrup, Denmark
- Anne Kathrine Owren Aarum, The Norwegian Directorate of Health, Oslo, Norway

No comments to the agenda.

1. Presentation of the project by Rune Blomhoff (project leader)

The project leader presented what the NNR2022 Committee have accomplished since the last status report in March 2021.

The NNR2022 project has previously published three scientific articles describing the principles and methodology behind the new recommendations. In primo October, the fourth scientific article was published. This article describes the results of a six-step procedure for selection of topics for *de novo* systematic reviews (SRs).

The Nordic Nutrition Recommendations 2022 – Prioritization of topics for de novo systematic reviews. Høyer A, Christensen JJ, Arnesen EK, Andersen R, Eneroth H, Erkkola M, Lemming EW, Meltzer HM, Halldórsson PI, Þórsdóttir I, Schwab U, Trolle E, Blomhoff R. *Food Nutr Res. 2021 Food Nutr Res 2021*

The topics selected for SRs are announced at the NNR2022 official web-page.

The NNR2022 project aims to develop several additional methodology and background papers. The majority of these papers will be submitted for publication in a scientific journal:

- Use of Dietary Reference Values (DRVs)
- Methodology for setting DRVs and Food Based Dietary Guidelines (FBDGs)
- Assessment of causality in nutritional science
- Food and nutrient intakes in the Nordic and Baltic countries
- Burden of diet related diseases in the Nordic and Baltic countries
- Body weight in the Nordic and Baltic countries
- Physical activity in the Nordic and Baltic countries
- Sustainable food systems – a synthesis of present evidence
- Pathways to sustainable food systems in a Nordic and Baltic context
- Integrating sustainability in FBDGs in the Nordic and Baltic context

NNR2022 aim to set dietary reference values (DRVs) for 36 nutrients and food based dietary guidelines (FBDGs) for 15 food groups. Several chapter drafts have been submitted to the NNR2022 Committee and many of them have been sent to referees. The NNR2022 Committee have developed an extensive procedure for how to handle the chapter drafts. All chapters will be announced for public hearing during the spring and fall in 2022.

2. Formulation of sustainable food based dietary guidelines (FBDGs)

The project leader presented a suggestion for how healthy and sustainable FBDGs could be presented in NNR2022. The NNR2022 project will be open and transparent when integrating sustainability aspects into the FBDGS and it will be stated explicitly if recommendations are based on evidence related to health or to sustainability aspects. All recommendations will be scientific founded. This issue will be discussed further when more concrete examples can be presented as the chapters develops.

3. Integration of overweight and obesity

The NNR2022 project will develop an evidence-based platform for integration og overweight and obesity into FBDGs. NNR2022 will include a background chapter "Body weight in the Nordic and Baltic countries". The results from this chapter will be integrated in nutrient and food group chapters, where relevant.

4. Meeting with national food and health authorities

It was discussed if it would be necessary to have a meeting with the national authorities in the Nordic and Baltic countries to give a status report on the NNR2022 project.

The Steering Committee reported back to the project leader that the national authorities are well informed about the NNR2022 project and that such a meeting is not necessary at this time point. However, if deemed necessary at a later timepoint, the Steering Committee will report to the project leader.

5. Budget and economy

The NNR2022 secretariat gave a status update on the budget and accounting so far in 2021. There were no discrepancies to report.