



Houses of the
Oireachtas
Tithe an
Oireachtais

Coiste Comhairliúchán Poiblí an tSeanaid

Tuarascáil maidir leis an gcaoi ina bhféadfaidh Athruithe ar Shlí Mhaireachtála aon trian de na Galair Ailse a chosc. Cén chaoi a dtabharfaidh an Rialtas agus an tsochaí faoin dúshlán seo?

Feabhra 2013

Seanad Public Consultation Committee

Report on Changes in Lifestyle can prevent approximately one third of Cancers. How does Government and society respond to this challenge?

February 2013

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1. Executive Summary

The way we live our lives plays a big part in our prospects of getting cancer. This is no longer a guess or a myth. The research now available from the World Cancer Research Fund is irrefutable. The worldwide and very detailed research, carried out in the last decade, concluded that changes to improve lifestyle can prevent approximately one third of cancers. The work is continuously updated by reviewing all new data published across the world.

Primarily, cancer is a disease of old age and, as populations are living longer, the incidence of cancer is set to rise dramatically in the future, if lifestyles continue unchecked. Right now, Ireland comes second in the world, in terms of cancer incidence. Our diet pattern is in keeping with such a position; high in meat, high in fat and sugar, high alcohol consumption and low in vegetables and fruit. Smoking continues to be a huge contributor to deaths from cancer. Less physical activity is contributing to problems with weight management.

The research suggests that, by the year 2030, there will be an additional 16 million new cases of cancer across the world. Cancer in an individual can take somewhere between ten and 20 years to develop and will be affected by what is consumed in that period. One of the least-known facts, revealed in the submissions, is that breast cancer in women is influenced by high alcohol consumption.

The Seanad Public Consultation Committee believes that Government must take the lead in highlighting this research. The Committee also believes that Government can drive substantial change in lifestyle through legislation coupled with a *whole of Government* approach.

We have summarised the key facts about cancer incidence, causes and future trends. The report also includes all submissions made to the Committee.

From the written and oral submissions and the evidence from the guest witness, Dr Kate Allen of the World Cancer Research Fund, we have drawn together our recommendations about how to tackle the changes in lifestyle that have been identified. We have divided these into a general group, followed by subject-specific recommendations.

This report addresses the issues raised with and discussed by the Committee.

Stakeholders that took part include:

- The Nutrition and Health Foundation.
- Irish Nutrition and Dietetic Institute.
- The Alcohol Forum.
- The Irish Cancer Society.
- National Cancer Control Programme
- Institute of Public Health in Ireland.
- Alcohol Action Ireland.
- Health Promotion Research Centre NUIG.
- Ash Ireland.
- World Cancer Research Fund.
- Safe Food.

The transcripts of the public hearings by stakeholders are available on the Oireachtas Committee web page at:

<http://oireachtasdebates.oireachtas.ie/Debates%20Authoring/DebatesWebPack.nsf/committeesetakes/PCJ2012061900002?opendocument>

<http://oireachtasdebates.oireachtas.ie/Debates%20Authoring/DebatesWebPack.nsf/committeesetakes/PCJ2012061900003?opendocument>

2. KEY QUOTES

'Cancer is a major cause of death, disability and lost life-years, but it does not have to be this way.' (Dr Kate Allen, World Cancer Research Fund)

'Protection against disease is the one area in which we have under invested in recent years. There is a real opportunity now because we have better information than we have ever had, which will allow us to tackle these issues.' (Ms Mairead Lyons, Head of Services, Irish Cancer Society)

'Ireland is in the grip of an obesity epidemic' (Dr Muireann Cullen, Manager Nutrition & Health Foundation)

'Recent analysis of the school day diet of Irish children has shown that the school lunch children bring with them each day is nutrient poor, lunch box food contributing relatively more to sugar, salt and less to protein, dietary fibre, vitamin and mineral intakes than food eaten during the rest of the day.' (Dr Muireann Cullen, Manager, Nutrition and Health Foundation)

'The World Health Organisation has shown that price and taxation are the most effective measures for reducing tobacco consumption.' (Ms. Kathleen O'Meara, Head of Advocacy, Irish Cancer Society)

'Obesity needs to be tackled through early life, prevention is key, the earlier the better. Mother, child and family programmes at key life stages within lower socio-economic demographic areas.' (Ms. Emma Ball, Community Dietetic Manager, North West)

'We know that tackling pricing and availability will make a difference to alcohol consumption.' (Fiona Ryan, Alcohol Action Ireland)

3. KEY FACTS

Ireland comes in at number two in the world for incidence of common cancers.

By 2030, predicted cancers in Ireland will be double today's number.

Excess body weight and physical inactivity are associated with up to 30% of all cancers, including cancers of the bowel, breast, womb, pancreas, gall bladder, and kidney.

4. GENERAL RECOMMENDATIONS

The Committee calls on the Minister for Health to develop a national physical activity plan for all age groups, including the extension of bike/walking schemes and to ensure that this plan is central to urban and rural planning.

The Committee further calls on the Minister for Health to concentrate on all communities at local level as the place to encourage significant lifestyle change.

4.1 SMOKING

One third of all cancers are from tobacco.

Just over one quarter of the Irish population smokes.

Tobacco causes 85% of all lung cancers.

Lung cancer is the second most common cancer in men and women in Ireland.

Every year, 1,600 people die every year from lung cancer.

Lung cancer kills more women in Ireland than breast cancer.

The number of young women smoking continues to rise.

Recommendations

- Ban cigarette vending machines.
- Reduce the price of nicotine replacement drugs, they are effective.
- Plain packaging to be mandatory for cigarettes.
- Ban smoking in all educational campuses.
- A joined-up Government approach is required to reduce smoking, with particular need for non-hospital based cessation programmes.
- Increase tax on all tobacco products.

4.2 OBESITY

There are 300,000 overweight and obese children in Ireland.

This number is increasing by about 10,000 per year.

One quarter of nine-year olds are obese or overweight.

Almost one fifth of three-year olds are obese or overweight

More than half the total population – 61% - is considered obese.

80% of parents say ‘they are fine with their children’s weight’.

Obese children very often have overweight or obese parents.

Breast feeding children reduces their risk of becoming obese by 38%.

Diets high in meat, fat and sugar are most likely to lead to obesity.

Adults need to be physically active for 30 minutes every day; for children, it’s 60 minutes.

In 2005, the cost of obesity to the State was calculated at four billion euro

More than 32% of the primary care teams nationally have no one-to-one dietetic service.

Recommendations

- Healthy eating guidelines must be compulsory for all school-going children.
- Appropriate physical activity programmes must be introduced to schools.
- Schools should educate all children in nutrition, activity and self-esteem.
- Ban the sale of sugary drinks and energy dense foods in schools.
- Nation-wide weight management programmes should be organised.
- A funded campaign to increase breast-feeding.
- Early-years diet and nutrition programmes, targeted at parents, to be delivered nationwide.
- That the Special Action Group on Obesity at the Department of Health, comprising of representatives from the Department of Health, the Department of Children and Youth Affairs, the Department of Education and Skills, the Health Service Executive, the Food Safety Authority of Ireland and Safefood examine and report on the option of taxing particular foods (high in fat, high in sugar) in an Irish context.

4.3 ALCOHOL

There are 1,200 cases of cancer each year from alcohol in Ireland.

Alcohol causes cancer of the liver and of the mouth, throat, oesophagus, breast, and large bowel.

Alcohol is a drug with toxic and intoxicating effects.

Ireland topped a 2012 EU poll for heavy/binge drinking.

Drinking 3-6 standard drinks per day increases the risk of breast cancer by 41%.

One person dies every seven hours in Ireland from an alcohol-related illness.

Recommendations

- Alcohol labelling must be introduced to include warnings about cancer.
- Marketing of alcohol must be regulated.
- A minimum floor price should be introduced for alcohol.
- Section 9 of the Intoxicating Liquor Act 2008, allowing alcohol to be separated from grocery sales, should be introduced.
- A national information campaign linking alcohol consumption directly to many cancers should be introduced.

Members of the Seanad Public Consultation Committee



Senator Denis O'Donovan



Senator Ivana Bacik



Senator Paul Bradford

Chairman



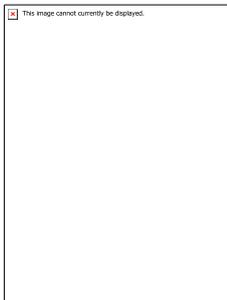
Senator Paul Coghlan



Senator Maurice Cummins



Senator Mark Daly



Senator Lorraine Higgins



Senator Rónán Mullen



Senator Marie Louise O'Donnell



Senator Susan O'Keeffe



Senator Diarmuid Wilson

Appendix 2

Téarmaí Tagartha Terms of Reference

“D’ainneoin aon ní sna Buan-Orduithe, go ndéanfar Orduithe an 19 Iúil, 2011 agus an 26 Iúil, 2011 ón Seanad i dtaobh Choiste Achainí Poiblí an tSeanaid agus Choiste Comhairliúchán Poiblí an tSeanaid a urscaoileadh agus go gcuirfear an tairiscint seo a leanas ina n-ionad:

‘Beidh Roghchoiste arna bhunú ar feadh ré an 24ú Seanad ar a dtabharfar Coiste Comhairliúchán Poiblí an tSeanaid (CCPS) ar a mbeidh 11 chomhalta. Cúig chomhalta is córam don Choiste.

Is é is cuspóir don CCPS socrú a dhéanamh le haghaidh idirphlé agus comhairliúcháin dhírigh idir daoine den phobal agus an Seanad, trí phróiseas ina n-iarrfaidh Seanad Éireann aighneachtaí tríd an CCPS ó dhaoine den phobal faoi shaincheist leasa poiblí (arb é an míniú atá air saincheist shonrach a bhaineann le cumhachtaí reachtacha an tSeanaid nó saincheist bheartais poiblí). Déanfaidh an CCPS breithniú ar na haighneachtaí a dhéanfar, féadfaidh sé éisteachtaí poiblí a thionól agus eiseoidh sé tuarascáil ina mbeidh moltaí a ndéanfar díospóireacht orthu i Seanad Éireann nó a tharchuirfear chuig an gComhchoiste iomchuí.

1. Sonróidh an CCPS agus poibleoidh sé réimse áirithe a bhaineann le cumhachtaí reachtacha an tSeanaid nó le saincheist bheartais poiblí a n-

“That, notwithstanding anything in Standing Orders, the Orders of the Seanad of 19 July 2011 and 26 July 2011 concerning the Seanad Petitions Committee and the Seanad Public Consultation Committee be discharged and the following motion be substituted therefor:

‘There shall stand established for the duration of the 24th Seanad a Select Committee which shall be called the Seanad Public Consultation Committee (SPCC), which shall consist of 11 members and the quorum of the Committee shall be five members.

The purpose of the SPCC is to provide for direct engagement and consultation between members of the public and the Seanad, through a process where Seanad Éireann through its SPCC invites submissions from members of the public on an issue of public interest (defined as a specific issue related to its legislative powers or an issue of public policy). The SPCC will consider the submissions made, may hold public hearings on the issues, and will issue a report with recommendations which will be debated in Seanad Éireann or referred to the relevant Joint Committee.

1. The SPCC shall specify and publicise a particular area related to the legislative powers of the Seanad or to an issue of public policy on which submissions

iarrfar aighneachtaí ón bpobal ina thaobh nó ina taobh.

2. Sonrófar agus poibleofar freisin spriocdháta faoina mbeidh aighneachtaí le bheith faighte ag an CCPS.

3. Suífidh an CCPS go príobháideach ar an gcéad ásc chun cinneadh a dhéanamh faoin réimse áirithe a n-iarrfaidh sé aighneachtaí ina thaobh.

4. Tar éis aighneachtaí a bheith faighte, suífidh an CCPS arís go príobháideach chun breithniú a dhéanamh ar arb inghlactha aighneachtaí agus chun breithniú a dhéanamh freisin i dtaobh cén beart a dhéanfar i ndáil le haighneachtaí atá inghlactha.

5. Féadfar suíonna príobháideacha den CCPS a thionól i gceann de na Seomraí Coiste.

6. I gcás inar dóigh leis an CCPS gur cuí duine nó eagraíocht a éisteacht maidir le haighneacht inghlactha a cuireadh faoina bhráid, féadfaidh sé a shocrú go dtionólfar seisiún poiblí nó seisiún príobháideach.

7. Féadfar aon seisiún phoiblí den sórt sin, a n-iarrfar ar dhuine nó ar eagraíocht amháin nó níos mó aitheasc a thabhairt lena linn, agus a bhféadfaidh daoine den phobal freastal orthu, a thionól i seomra an tSeanaid lasmuigh d'amanna suí agus féadfar iad a chraoladh ar an teilifís.

Teimpléad le haghaidh Inghlacthacht
Aighneachtaí chuig Coiste
Comhairliúchán Poiblí an tSeanaid

(1) Féadfar aighneachtaí a dhéanamh leis an ríomhphost nó leis an bpost. Déanfar na nithe seo a leanas a chur in

from the public will be invited.

2. A deadline for the receipt of submissions by the SPCC shall also be specified and publicised.

3. The SPCC shall sit in private in the first instance to decide upon the particular area upon which it will invite submissions.

4. Once submissions have been received, the SPCC shall again sit in private to consider whether submissions are admissible and to consider further what action to take in relation to admissible submissions.

5. Private sittings of the SPCC may take place in one of the Committee Rooms.

6. Where the SPCC considers it appropriate to hear from a person or organisation in respect of an admissible submission made to it, it may arrange for the holding of a public or private session.

7. Any such public sessions, which one or more persons or organisations may be invited to address, and which members of the public may attend, may be held in the Seanad chamber outside of sitting times and may be televised.

Template for Admissibility of
Submissions to Seanad Public
Consultation Committee.

(1) Submissions may be made by email or post. Each submission shall clearly indicate: -

iúl go soiléir ar gach aighneacht: -

- | | |
|---|---|
| <p>(a) ainm an duine /na cuideachta/ na heagraíochta ag a mbeidh an aighneacht á déanamh; agus</p> <p>(b) seoladh poist nó seoladh ríomhphoist.</p> | <p>(a) the name of the person/company/organisation making the submission; and</p> <p>(b) a postal and/or email address.</p> |
| <p>(2) Beidh aighneacht inghlactha mura rud é:</p> | |
| <p>(a) go n-iarrtar ar an Seanad san aighneacht aon ní a dhéanamh seachas nithe a bhfuil cumhacht ag an Seanad chun iad a dhéanamh;</p> <p>(b) nach gcomhlíonann sí na Buan-Orduithe nó nach mbeidh sí san fhoirm chúí thairis sin;</p> <p>(c) go mbeidh sí <i>sub-judice</i> mar a mhínítear i mBuan-Ordú 47;</p> <p>(d) go mbeidh duine aonair nó daoine aonair ainmnithe inti;</p> <p>(e) go mbeidh caint inti atá maslach nó clúmhillteach; agus</p> <p>(f) gurb ionann í nó gurb ionann a téarmaí go substainteach agus aighneacht a rinne an duine céanna, an chuideachta chéanna nó an eagraíocht chéanna nó a rinneadh thar a gceann siúd le linn shaolré an Choiste.</p> | <p>(a) requests the Seanad to do anything other than the Seanad has power to do;</p> <p>(b) does not comply with Standing Orders or is otherwise not in proper form;</p> <p>(c) is <i>sub-judice</i> as defined in Standing Order 47;</p> <p>(d) contains the name or names of individuals;</p> <p>(e) contains language which is offensive or defamatory; and</p> <p>(f) is the same as, or in substantially similar terms to, a submission made by or on behalf of the same person, company or organisation during the lifetime of the Committee.</p> |
| <p>(3) Féadfaidh an CCPS, maidir le haon aighneachtaí inghlactha faoin tsaincheist áirithe ar iarradh aighneachtaí ina taobh, aon cheann de na nithe seo a leanas a dhéanamh:-</p> | |
| <p>(a) a iarraidh ar aon duine/ aon chuideachta/ eagraíocht díobh siúd a rinne aighneachtaí inghlactha aitheasc a thabhairt maidir leis an gcéanna i seisiún poiblí;</p> <p>(b) tuarascáil scríofa a ullmhú ar an tsaincheist a bheidh bunaithe ar</p> | <p>(a) invite any of the persons/company/organisations who have made admissible submissions to address it in public session;</p> <p>(b) prepare a written report on the issue based upon consideration of</p> |

bhreithniú na haighneachta
inghlactha nó na n-aighneachtaí
inghlactha a rinneadh chuige
faoin tsaincheist sin;

- (c) an tuarascáil agus aon mholtaí a
bheidh inti a tharchur chuig an
Seanad le haghaidh
díospóireachta;
- (d) an tuarascáil agus aon mholtaí a
bheidh inti a tharchur chuig an
gComhchoiste le haghaidh
díospóireachta; agus
- (e) an tuarascáil a leagan faoi bhráid
Sheanad Éireann.

the admissible submission or
submissions made to it on that
issue;

- (c) refer the report and any
recommendations therein to
Seanad Éireann for debate;
- (d) refer the report and any
recommendations therein to the
relevant Joint Committee for
debate; and
- (e) lay the report before Seanad
Éireann.”.