



August 2013

About this e-bulletin

Welcome to the 27th edition of the Food Futures e-bulletin - a regular update featuring brief articles on local and national news, events, funding opportunities and developments that relate to food. We hope you find it informative and useful and would welcome any comments or suggestions you may have for the next edition.

**Please send all copy to Christine Raiswell on
c.raiswell@manchester.gov.uk**

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Local News, Events and Training:

“Fruit & Veg”- by the Tonne

Do you work with people in need? Do you like healthy food? Can you help cook or redistribute tonnes of surplus fruit & veg?

FareShare North West supplies over 80 local organisations with surplus food. As part of a new initiative with Manchester Markets and Fairfield Materials Management, over 10 tonnes per month of good quality fresh produce, previously sent to animal feed or compost, are now being diverted to human consumption. This only arises as a fractional mismatch between wholesale traders' supply and demand, but it is such a shame to waste this healthy food lovingly grown and brought to Manchester from local growers as well as all corners of the earth.

FareShare also works with the UK Gleaning Network, to collect unwanted harvest (because of size or shape) directly from the farm; that would otherwise be ploughed back into the soil.

Help us get all this nutritious food to those in need. We are looking for new community partners working with those in food poverty. If you are looking to access fresh produce for cooking or redistribution purposes, we can help. Whether you need a few boxes or a lorry load, we can help. Become a FareShare Community Food Member, ask for an application form today

Be healthy. Be happy. Look good, feel good, eat your greens.

Please contact Seb on 0161 223 8200, or seb@emergemanchester.co.uk

Greater Manchester First Stop Health Bus - Welcome Aboard!

The Health Bus is currently touring Manchester, bringing to the high street the opportunity for you to access -

- a clinical team offering full NHS Health Checks and mini Health MOTs
- a Stop Smoking Support Team to help with quitting, or cutting down on, smoking
- Health Trainers who can offer advice and ongoing support with any lifestyle changes you might wish to make

To be eligible for a full NHS Health Check (pulse, blood pressure, height/weight measurement, cholesterol and glucose levels) you must be registered with a Manchester GP and be between the ages of 40 and 74. If you are not eligible for a full check, you can still benefit from the Health MoT (pulse, blood pressure and height/weight measurement).

The bus will be located at the following venues, so if you are in the area please come along and visit us - each check takes approximately 20 minutes which provides a very convenient way for you to take advantage of these services.

Saturday 17 August - Fog Lane Park, Fog Lane, East Didsbury M20 4UP
Mondays 19 August and 2 September - Lay-by in front of Barclays Bank, 587 Wilbraham Road Chorlton, M21 9AL

Saturdays 24 , 31 August and 7 September - Lidl Car Park, Old Church Street, Newton Heath, M40 2JE

You can also check out the website for later Manchester dates as they are arranged and also for location days in the Greater Manchester area -

www.thefirststop.org.uk

The Land Army in August

This month there are two opportunities to join the Land Army in helping out Manchester's organic growers. On Friday 23rd August we will be joining Glebelands City Growers and on Friday 30th August we will be heading to Moss Brook growers to help out while Rob and Stu are away. As we approach the end of the summer there's plenty still to do on the land, including harvesting lots of lovely crops, so come along for a well spent day outdoors. Veggie lunch, refreshments, tools and gloves are provided and we provide transport to and from the farms. For more information or to book your place, email chloe@kindling.org.uk

Big Dig Edible Gardens Open Day, September 21st, 2014

Gardens across Greater Manchester are once again taking part in the national Big Dig Edible Gardens Open Day. On Saturday 21st, 25 food-growing gardens run by and for local volunteers will open their doors and invite friends and neighbours in to see all the hard work they've been doing. With such a fantastic summer there's bound to be lots to see, so find where your local garden is, and pop down to have a look!

www.bigdig.org.uk/manchester

Free accredited training for Miles Platting residents!

Get Growing course (Level 1 Open Awards accredited course - one day a week for 12 weeks) Learn the basics of growing your own food, how to compost, look after the soil and prepare your garden/backyard for a fruitful growing season. Plan and carry out a small community project with other learners find out more about your community

Get Growing Course @ Church of The Apostles,
Ridgway Street, Miles Platting, M40 7FY.

Time: 10.30am-3pm

Starts: Wednesday 11th September 2013

Ends: Wednesday 4th December 2013

For more information contact Liz Edwards at Groundwork on 0161 220 1000 or elizabeth.edwards@groundwork.org.uk or contact Isobel Richards @ Adactus
t: 0161 203 2900/0800 234 6826 and press option 2
m: 07918 907 656 e: isobel.richards@adactushousing.co.uk

Regular Food Growing Workshops in Miles Platting

Hulme Community Garden Centre Trainer, Katherine Kennedy, is running regular food growing workshops for adults in the Miles Platting Community Gardens through 2013/14. Sessions run monthly in both the Holland Street Garden and the Chippenham Road Community Garden. Next sessions are Friday 6th September (1pm – 3pm) at Chippenham Road and Friday 20th September (1pm – 3pm) at Holland Street. Open to anyone from across the city and no booking is necessary. Children accompanied by an adult are also welcome.

For details of future workshop dates, or for information about becoming a key holding member of the gardens, please contact Isobel Richards at Adactus Housing Association on 0800 234 6826 (option 2) or email isobel.richards@adactushousing.co.uk

Love Your Local Market

Your local market is a hive of activity – right at the heart of your town centre in Gorton, Longsight, Harpurhey and Wythenshawe. It's bursting with great value, locally sourced fresh produce from local businesses. For great choice and a personal service, why not take a look? www.manchestermarkets.com

Real Food Wythenshawe

Real Food Wythenshawe is a lottery funded project in Wythenshawe. The project will focus on supporting local people to grow, cook and eat their own food. Real Food Wythenshawe is funded for 5 years.

The Team consists of Jacqueline Naraynsingh Programme Manager with three coordinators: Rachel Harding, Pam Moran and Sarah Taylor.

The project has 5 flagship projects, they are;

1. The Biosphere, focusing on creating sustainable indoor growing systems
2. Green Spaces to Growing Places, identifying land to grow food
3. Harvesting Abundance, gathering excess food and redistributing it
4. Wythenshawe Park and Farm, regenerating the horticulture centre
5. Eating and Cooking sustainably working with local people around food and cooking

Over the past few exciting months Real Food Wythenshawe has been involved in lots of different projects from distributing 1800 veg plants to an 8 day launch event at Wythenshawe Games in Wythenshawe Park.

The Real Food Team will be at the Garden City Festival at Wythenshawe town centre on 14th September, from 11am-4pm. This event will showcase an exciting mix of local horticulture, fresh produce, tasty food and arts and crafts in South Manchester. Indulge yourself with demonstrations, stalls, food tasters and attractions across the food, gardening and craft zones.

For more information look at Real Food Wythenshawe facebook and twitter accounts.

Facebook: RealFood Wythenshawe
Twitter: @realfoodteam

EMAIL Jacqueline.Naraynsingh@wchg.org.uk
Phone 0161 946 7554

Southway Housing Trust's Growing Communities Programme

Since mid-June Southway and Sow the City have been working to help tenants and local residents get involved in food growing and gardening through events, activities and training programmes. These range through friendly, informal drop-in activities for people who want to get some fresh air, get a bit active and learn new skills; to more structured Grow Your Own training programmes delivered in four week blocks at a range of centres around South Manchester.

There are more training programmes, events and themed activity sessions planned over the next couple of months at community centres and growing sites in Burnage, Chorlton and Withington. If you'd like to find out more, go to www.southwaygrowyourown.wordpress.com or contact Josh Steiner on j.steiner@southwayhousing.co.uk

Southway Housing Trust have a small team climbing Ben Nevis in October 2013 - Please check out our charity link to donate to Francis House: www.doitforcharity.com/Southway

Growing Manchester groups get Cooking with Cracking Good Food

On Wednesday 17th July 2013, the 'Food Futures Growing Manchester' programme held its second networking event to bring together Manchester growing groups to learn more about each other and what opportunities are available to help their groups develop and prosper.

The event was held at Hulme Community Garden Centre and brought together groups from right across Manchester, along with the Volunteer Centre Manchester and 'Cracking Good Food', who we told you more about in the June Food Futures E-Bulletin! The Volunteer Centre Manchester gave us advice on how to recruit and develop volunteers working on our projects and Cracking Good Food showed us some delicious recipes to cook with parts of the vegetable most people do not normally eat, such as the beet stalk! One group who attended told us to 'keep up the great work', so we are planning more events where people can come together and share.

If you want to know more about the 'Growing Manchester' programme, contact Public Health Manchester Programme Officer Lindsay Laidlaw on l.laidlaw@manchester.gov.uk

SuperConnected Manchester

For a time limited period Manchester City Council can help fund broadband connection for small and medium-sized businesses, charities, social enterprises and other not-for-profit organisations.

We'll cover up to £3,000 of the connection costs. That's usually enough to pay for all the work. It's a grant not a loan, so it won't need to be paid back. Only the VAT will have to be paid, any amount over £3,000, and the monthly subscription cost.

The scheme is available on a first come, first served basis so please apply as soon as possible. For more information go to <http://www.manchester.gov.uk/superconnected>

Healthy Eating for All Accredited courses Levels 1 & 2 – a few places are still left!

These courses are accredited by the Royal Society for Public Health. Participants take a short multiple choice exam in 'Healthier Food & Special Diets' at the end of the course.

Level 1 is an introductory and practical course on Food and Health. It covers the basic principles of healthy eating, nutrients, eating well at different age and special diets.

Dates: Fridays 6th AND 13th September 2013 (2 full days)

Venue: Vallance Centre

Facilitator: Bernie Murphy, Community Food Co-ordinator

Level 2 explores these subjects in more depth and gives more knowledge and confidence to discuss these topics with others. Participants should have attended Level 1 or have a basic knowledge of food and health.

Dates: Wednesdays 20th & 27th November AND 4th December 2013 (3 full days)

Venue: Ancoats Primary Care Centre

Facilitator: Steffie ElHassan, Community Dietitian

To apply, go to the Manchester Public Health Development Service Training Programme on www.mphds.org and complete the application form, or ring Peter Stretton tel: 0161 248 1750

Soul Food Project

Based at the Welcome Centre, Trinity Church, Cheetham Hill. Vegetable growing community allotment. Free lunch provided at the Welcome Centre on Thursdays and Fridays. For further details contact Mark Greenwood 0161 833 0377

Update from the Children and Family Weight Management Service

Please note our new address:

Alexandra Park Health Centre

2 Whitswood Close

Whalley Range

M16 7AP

Tel: 0161 209 9973

Fax: 0161 227 9867

We welcome referrals for children aged between 2-18 years, who are overweight (above the 91st Centile for BMI). Please contact a member of the team if you would like more information or find our referral form on:

<http://www.cmft.nhs.uk/community-services/our-services/children-and-family-weight-management-service.aspx> Please ensure that an up to date height and weight is included on your referral.

National News

Launch of Sustainable Food Cities Network

Throughout the UK, pioneering communities at every scale - from individual institutions through to entire city-regions have recognised the key role food can play in dealing with some of today's most pressing social, economic and environmental problems. From obesity and diet-related ill-health to food poverty and waste, climate change and biodiversity loss to declining prosperity and social dislocation, food is not only at the heart of some of our greatest problems, but also a vital part of the solution.

The Sustainable Food Cities Network is an alliance of public, private and third sector organisations that believe in the power of food as a vehicle for driving positive change and that are committed to promoting sustainable food for the benefit of people and the planet. The Network, which is run by a coalition of NGOs led by the Soil Association, Food Matters and Sustain and is funded by the Esmée Fairbairn Foundation - aims to help people and places to share challenges, explore practical solutions and develop best practice in all aspects of sustainable food. For more information go to:

<http://www.sustainablefoodcities.org/>

Food businesses need a new response to the drastic rise in food poverty

Across the UK hundreds of thousands of people have fallen into food poverty, many more are at risk of going to bed hungry every night. An outward sign of this increase in food poverty is the explosion in the number and scale of foodbanks in recent times.

But while food aid providers fill a short-term need, they are not a long-term solution. They are a sticking plaster on a gaping wound. To read the article, go to:

http://www.theguardian.com/sustainable-business/food-businesses-response-rise-food-prices?CMP=tw_t_gu

Final design of consistent nutritional labelling system given green light

People will now find it easier to make healthier choices about the food they eat with the new consistent front of pack nutritional label launched recently by Public Health Minister Anna Soubry.

This comes after research shows that people can end up bewildered by the different nutrition labels on food. The new label aims to make it easier for people to make healthier choices.

The consistent system will combine red, amber, green colour-coding and nutritional information to show how much fat, saturated fat, salt and sugar, and calories are in food products. More information:

<https://www.gov.uk/government/news/final-design-of-consistent-nutritional-labelling-system-given-green-light>

Scientific Papers Summary

And finally...a selection of recent scientific papers on food and nutrition related topics

- **Promoting healthy weight in primary school children through physical activity and nutrition education: a pragmatic evaluation of the CHANGE! Randomised intervention study.**

Fairclough et al. BMC Public Health 2013, 13:626

Abstract

Background: This pragmatic evaluation investigated the effectiveness of the Children's Health, Activity and Nutrition: Get Educated! (CHANGE!) Project, a cluster randomised intervention to promote healthy weight using an educational focus on physical activity and healthy eating.

Methods: Participants (n = 318, aged 10–11 years) from 6 Intervention and 6 Comparison schools took part in the 20 weeks intervention between November 2010 and March/April 2011. This consisted of a teacher-led curriculum, learning resources and homework tasks. Primary outcome measures were waist circumference, body mass index (BMI), and BMI z scores. Secondary outcomes were objectively-assessed physical activity and sedentary time and food intake. Outcomes were assessed at baseline, at post-intervention (20 weeks) and at follow-up (30 weeks). Data were analysed using 2-level multi-level modelling (levels: school, student) and adjusted for baseline values of the outcomes and potential confounders. Differences in

intervention effect by subgroup (sex, weight status, socio-economic status) were explored using statistical interaction.

Results: Significant between-group effects were observed for waist circumference at post-intervention (β for intervention effect = -1.63 (95% CI = -2.20, -1.07) cm, $p < 0.001$) and for BMI z-score at follow-up ($\beta = -0.24$ (95% CI = -0.48, -0.003), $p = 0.04$). At follow-up there was also a significant intervention effect for light intensity physical activity ($\beta = 25.97$ (95% CI = 8.04, 43.89) min, $p = 0.01$). Interaction analyses revealed that the intervention was most effective for overweight/obese participants (waist circumference: $\beta = -2.82$ (95% CI = -4.06, -1.58) cm, $p < 0.001$), girls (BMI: $\beta = -0.39$ (95% CI = -0.81, 0.03) kg/m², $p = 0.07$) and participants with higher family socioeconomic status (breakfast consumption: $\beta = 8.82$ (95% CI = 6.47, 11.16), $p = 0.07$).

Conclusions: The CHANGE! intervention positively influenced body size outcomes and light physical activity and most effectively influenced body size outcomes among overweight and obese children and girls. The findings add support for the effectiveness of combined school-based physical activity and nutrition interventions. Additional work is required to test intervention fidelity and the sustained effectiveness of this intervention in the medium and long term.

<http://www.biomedcentral.com/1471-2458/13/626>

• Development and implementation of the Baltimore healthy carry-outs feasibility trial: process evaluation results

Lee-Kwan et al. BMC Public Health 2013, 13:638

Abstract

Background: Prepared food sources, including fast food restaurants and carry-outs, are common in low-income urban areas. These establishments provide foods high in calories, sugar, fat, and sodium. The aims of the study were to (1) describe the development and implementation of a carry-out intervention to provide and promote healthy food choices in prepared food sources and (2) to assess its feasibility through a process evaluation.

Methods: To promote healthy eating in this setting, a culturally appropriate intervention was developed based on formative research from direct observation, interviews and focus groups. We implemented a 7-month feasibility trial in 8 carry-outs (4 intervention and 4 comparison) in low-income neighbourhoods in Baltimore, MD. The trial included three phases: 1) Improving menu boards and labelling to promote healthier items; 2) Promoting healthy sides and beverages and introducing new items and 3) Introducing affordable healthier combo meals and improving food preparation methods. A process evaluation was conducted to assess intervention reach, dose received, and fidelity using sales receipts, carry-out visit observations and an intervention exposure assessment.

Results: On average, Baltimore Healthy Carry-outs (BHC) increased customer reach at intervention carry-outs; purchases increased by 36.8% at the end of the study compared to baseline. Additionally, menu boards and labels were seen by 100.0% and 84.2% of individuals (n = 101), respectively, at study completion compared to baseline. Customers reported purchasing specific foods due to the presence of a photo on the menu board (65.3%) or menu labelling (42.6%), suggesting moderate to high dose received. Promoted entrée availability and revised menu and poster presence all demonstrated high fidelity and feasibility.

Conclusions: The results suggest that BHC is a culturally acceptable intervention. The program was also immediately adopted by the Baltimore City Food Policy Initiative as a city-wide intervention in its public markets.

<http://www.biomedcentral.com/1471-2458/13/638>

- **Breakfast: a multidisciplinary approach**

Affinita et al. Italian Journal of Pediatrics 2013, 39:44

Abstract

Background: The role of breakfast as an essential part of a healthy diet has been only recently promoted even if breakfast practices were known since the Middle Age. The growing scientific evidences on this topic are extremely sector-based nevertheless breakfast could be regarded from different point of views and from different expertises. This approach that takes into account history, sociology, anthropology, medicine, psychology and pedagogy is useful to better understand the value of this meal in our culture. The aim of this paper was to analyse breakfast related issues based on a multidisciplinary approach with input by specialists from different fields of learning.

Discussion: Breakfast is now recommended as part of a diet because it is associated with healthier macro- and micronutrient intakes, body mass index and lifestyle. Moreover recent studies showed that breakfast improves cognitive function, intuitive perception and academic performance. Research demonstrates the importance of providing breakfast not only to children but in adults and elderly too. Although the important role breakfast plays in maintaining the health, epidemiological data from industrialised countries reveal that many individuals either eat a nutritionally unhealthy breakfast or skip it completely.

Summary: The historical, bio-psychological and educational value of breakfast in our culture is extremely important and should be recognized and stressed by the scientific community. Efforts should be made to promote this practice for the individual health and well-being.

<http://www.ijponline.net/content/39/1/44>

• **Frequency of nut consumption and mortality risk in the PREDIMED nutrition intervention trial**

Guasch-Ferré et al. BMC Medicine 2013, 11:164

Abstract

Background: Prospective studies in non-Mediterranean populations have consistently related increasing nut consumption to lower coronary heart disease mortality. A small protective effect on all-cause and cancer mortality has also been suggested. To examine the association between frequency of nut consumption and mortality in individuals at high cardiovascular risk from Spain, a Mediterranean country with a relatively high average nut intake per person.

Methods: We evaluated 7,216 men and women aged 55 to 80 years randomized to 1 of 3 interventions (Mediterranean diets supplemented with nuts or olive oil and control diet) in the PREDIMED ('PREvención con Dieta MEDiterránea') study. Nut consumption was assessed at baseline and mortality was ascertained by medical records and linkage to the National Death Index. Multivariable-adjusted Cox regression and multivariable analyses with generalized estimating equation models were used to assess the association between yearly repeated measurements of nut consumption and mortality.

Results: During a median follow-up of 4.8 years, 323 total deaths, 81 cardiovascular deaths and 130 cancer deaths occurred. Nut consumption was associated with a significantly reduced risk of all-cause mortality (P for trend <0.05, all). Compared to non-consumers, subjects consuming nuts >3 servings/week (32% of the cohort) had a 39% lower mortality risk (hazard ratio (HR) 0.61; 95% CI 0.45 to 0.83). A similar protective effect against cardiovascular and cancer mortality was observed. Participants allocated to the Mediterranean diet with nuts group who consumed nuts >3 servings/week at baseline had the lowest total mortality risk (HR 0.37; 95% CI 0.22 to 0.66).

Conclusions: Increased frequency of nut consumption was associated with a significantly reduced risk of mortality in a Mediterranean population at high cardiovascular risk.

<http://www.biomedcentral.com/1741-7015/11/164>

• **Commentary: Should we go nuts about nuts?**

Rohrmann and Faeh BMC Medicine 2013, 11:165

Abstract

Since the beginning of the 1990s, increasing evidence supports beneficial effects of nut consumption on health. A new analysis of the Spanish PREDIMED trial, published in BMC Medicine, has expanded our knowledge. The study showed that individuals eating nuts more than three times per week died less often from cardiovascular disease and cancer than non-consumers. The study also adds an important finding that previous epidemiological studies could not provide: a protective effect on premature mortality was only seen in the intervention group in which nut consumption increased during the 4.8 years of follow-up, not in the intervention group with additional olive oil consumption or in the control group. Nut consumption actually decreased during follow-up in the latter two groups. Questions remain to be answered on the quantity of nuts to be consumed for health benefits, on possible mechanisms of action, and on whether some types of nuts should be favoured.

<http://www.biomedcentral.com/1741-7015/11/165>

• The association between diet quality, dietary patterns and depression in adults: a systematic review

Quirk et al. BMC Psychiatry 2013, 13:175

Abstract

Background: Recent evidence suggests that diet modifies key biological factors associated with the development of depression; however, associations between diet quality and depression are not fully understood. We performed a systematic review to evaluate existing evidence regarding the association between diet quality and depression.

Method: A computer-aided literature search was conducted using Medline, CINAHL, and PsycINFO, January 1965 to October 2011, and a best-evidence analysis performed.

Results: Twenty-five studies from nine countries met eligibility criteria. Our best-evidence analyses found limited evidence to support an association between traditional diets (Mediterranean or Norwegian diets) and depression. We also observed a conflicting level of evidence for associations between (i) a traditional Japanese diet and depression, (ii) a “healthy” diet and depression, (iii) a Western diet and depression, and (iv) individuals with depression and the likelihood of eating a less healthy diet.

Conclusion: To our knowledge, this is the first review to synthesize and critically analyze evidence regarding diet quality, dietary patterns and

depression. Further studies are urgently required to elucidate whether a true causal association exists.

<http://www.biomedcentral.com/1471-244X/13/175>

• **A sustainable building promotes pro-environmental behaviour: an observational study on food disposal.**

Wu DW–L, DiGiacomo A, Kingstone A (2013) PLoS ONE

Abstract

In order to develop a more sustainable society, the wider public will need to increase engagement in pro-environmental behaviours. Psychological research on pro-environmental behaviours has thus far focused on identifying individual factors that promote such behaviour, designing interventions based on these factors, and evaluating these interventions. Contextual factors that may also influence behaviour at an aggregate level have been largely ignored. In the current study, we test a novel hypothesis - whether simply being in a sustainable building can elicit environmentally sustainable behaviour. We find support for our hypothesis: people are significantly more likely to correctly choose the proper disposal bin (garbage, compost, recycling) in a building designed with sustainability in mind compared to a building that was not. Questionnaires reveal that these results are not due to self-selection biases. Our study provides empirical support that one's surroundings can have a profound and positive impact on behaviour. It also suggests the opportunity for a new line of research that bridges psychology, design, and policy-making in an attempt to understand how the human environment can be designed and used as a subtle yet powerful tool to encourage and achieve aggregate pro-environmental behaviour.

• **Long-term intake of dietary long-chain n-3 polyunsaturated fatty acids and risk of rheumatoid arthritis: a prospective cohort study of women**

Daniela Di Giuseppe,¹ Alice Wallin,¹ Matteo Bottai,² Johan Askling,³ Alicja Wolk¹

Abstract

Objectives To analyse the association between dietary long-chain n-3 polyunsaturated fatty acids (PUFAs) and incidence of rheumatoid arthritis (RA) in middle-aged and older women from the Swedish Mammography Cohort, a population-based prospective study.

Methods Data on diet were collected in 1987 and 1997 via a self-administered food-frequency questionnaire (FFQ). The risk of RA associated with dietary long-chain n-3 PUFAs and fish intake was estimated using Cox proportional hazard regression models, adjusted for age, cigarette smoking, alcohol intake, use of aspirin and energy intake.

Results Among 32 232 women born 1914–1948, 205 RA cases were identified during a mean follow-up of 7.5 years (1 January 2003 to 31 December 2010; 2 41 120 person-years). An intake of dietary long-chain n-3 PUFAs (FFQ1997) of more than 0.21 g/day (lowest quintile) was associated with a 35% decreased risk of developing RA (multivariable adjusted relative risk (RR) 0.65; 95% CI 0.48 to 0.90) compared with a lower intake. Long-term intake consistently higher than 0.21 g/ day (according to both FFQ1987 and FFQ1997) was associated with a 52% (95% CI 29% to 67%) decreased risk. Consistent long-term consumption (FFQ1987 and FFQ1997) of fish \geq 1 serving per week compared with <1 was associated with a 29% decrease in risk (RR 0.71; 95% CI 0.48 to 1.04).

Conclusions This prospective study of women supports the hypothesis that dietary intake of long-chain n-3PUFAs may play a role in aetiology of RA.