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Food Standards

According to a recent report, a Labour MP has launched a bid to stop companies from marketing unhealthy foods to children. Debra Shipley presented a Private Members Bill in the Commons, which is backed by more than 100 organisations, including the British Heart Foundation and the National Union of Teachers. The Bill would require the Food Standards Agency to draw up guidelines on healthy and unhealthy foods, which would then be used to ban the promotion of unhealthy foods to children. It calls for regulations to be put in place to improve school meals, to ban the sale of unhealthy foods in school vending machines and to see food skills being taught as part of the National Curriculum. According to this report, over a 10 year period, obesity had doubled in 6 year olds and trebled amongst 15 year olds. Research has also predicted a third of Britons could be obese by 2010. Experts recommend that we eat five portions of fruit and vegetables a day, and exercise five times a week. For example, it is suggested that to burn off 160 calories, a person weighing 70kg would need to walk briskly at 3.5mph for 30 minutes and exercise for around 20 minutes. The trade magazine “The Grocer”, recently published figures showing that UK sales of salty snacks were down approximately 10% from the previous year. Sales of standard-sized chocolate bars also fell by approximately 1% and the sale of other sweets such as fruit gums in small packets, dropped by approximately 5%. Overall the market for snacks bought on impulse fell by over 2%.

There is strong evidence that a healthy diet can cut the risk of cancer, heart disease and other serious conditions. However, the current average intake of fruit and vegetables is just 2.8 a day. Only 13% of men and 15% of women eat the recommended five portions or more. Research carried out by University College London suggests regular family meals may encourage a better diet. Scientists have

found that more than a third of children under six are not eating fruit and vegetables on a daily basis. However, the more often the parents eat fruit and vegetables, the more likely it is for their children to follow suit. The earlier children are introduced to fruit and vegetables, the more frequently they eat them, according to the study. The government has also recently launched a new guide to help us eat healthily and increase our consumption of fruit and vegetables. The free “Five A Day Made Easy” booklet includes tips on how to make meals more interesting and advice on healthy eating on a budget. This booklet will be available at supermarkets, newsagents, and other retailers across England.

The World Health Organization (WHO) also recommends adults eating at least five servings of fruit and vegetables a day and has adopted a policy on diet and health to deal with the global increase in obesity. It aims at fighting diseases linked to diet or lack of exercise such as diabetes, heart disease, cancer, osteoporosis, malnutrition and tooth decay. It makes suggestions such as:

- reducing sugar, fat and salt in processed food
- controlling food marketing to children
- subsidising fruit and vegetables in school canteens
- monitoring health claims on packaging
- nutrition labelling and health education
- encouraging walking and cycling

For more information please see BBC news.

QM&T's First Graduates for the IQA Diploma in Quality

QM&T are proud to announce that in January 2004 their students were amongst the first 15 students who completed and achieved the full award – Level 4 Diploma in Quality (Assurance and Management). These students will all be invited to the IQA's annual dinner party, where Jim Speirs, the institute's president, will present them with their award. These students will now be entitled to apply



for the IQA's full membership. This is the diploma's first significant landmark. For more information on Diploma and the events please visit QM&T's website www.qmt.co.uk and www.iqa.org

IQA National Award 2004 & World Quality Day

IQA are celebrating the World Quality Day by presenting the Annual John Loxham Lecture and hosting its first IQA Awards Dinner at the Shakespeare's Globe in London, on November 11. This year's guest speaker for the lecture is the British Standards Institute's (BSI) director, Mike Low. Following the lecture, IQA will host their very first awards dinner, honouring their members for quality performance and academic achievement over the past year. The Awards include the IQA National Award and the IQA Diploma in Quality students. IQA are now accepting applications for its prestigious National Award. This award is for £1000 and will be presented to any individual from the UK or overseas, who can submit the best thesis or project report on any aspect of quality. This will be reviewed by the Centres of Excellence and administered by the IQA. Applicants must submit to the IQA an application form together with a report of approximately 1000 words. The closing date for applicants is end of August. A short list of up to six applicants will be put together who will be asked to give a presentation and then the winner will be announced on the IQA Award day, 11 November 2004, at the Shakespeare's Globe, London. For more information please visit IQA's website www.iqa.org

Awareness Training CD

This Training CD Rom / E-learning Programme is a general awareness course enabling organisations to get the quality message across in an effective, interesting and entertaining way. It provides a thorough understanding of why quality is important, an overview of the requirements of ISO9001:2000 and how the organisation's quality management system operates. This course can be used for all new starters (possibly as part of induction), individuals who require to improve their knowledge of quality and quality management systems, Quality Professionals and Senior Management who wish to introduce and employ quality improvement initiatives. For more information please visit QM&T's website www.qmt.co.uk

NEBOSH National General Certificate – Distance Learning Course

The NEBOSH National General Certificate has been recognised for many years as the basis for a sound, broad introduction to the fundamentals of occupational health and safety. This course has been designed to provide an appropriate breadth of underpinning knowledge for non-specialists in occupational safety and health to enable them to discharge more effectively their organisational duties with respect to workplace health and safety. The General Certificate has been designed for managers, supervisors, employee representatives and others who require a basic knowledge and understanding of occupational safety and health. There is no formal entry requirement. The course is a stand-alone course and the assessment consists of an examination and a practical health and safety assessment of a workplace situation. The exams are held four times a year, in March, June, September and December. QM&T in conjunction with ZBS are offering this course as a distance learning course in your own time, at your own pace, which has approximately 90 hours study time. For more information please visit www.qmt.co.uk

Wise Management Decisions

Two companies, one American and the other a Japanese company decided to have a canoe race on a River. Both companies put together a team and worked and practiced hard to reach their peak performance before the race. On day of the race, however, the Japanese team won, by a mile. This made the American team very unhappy and disappointed, so the American management decided they must find out the reason why they lost. To this end a Management Team made up of senior management was formed to investigate and recommend appropriate action. They came to the conclusion that the Japanese Team had 8 people rowing and 1 person steering, while the American Team had 8 people steering and one person rowing. So the American management decided to hire a consulting company and paid them vast amounts of money who advised them that they had too many people steering the boat, while not enough people rowing. To prevent losing to the Japanese team again next year, the rowing team's management structure was totally reorganized to consist of 4 steering supervisors, 3 area steering superintendents



and 1 assistant superintendent steering manager. They also implemented a new performance system that would give the 1 person rowing the boat greater incentive to work harder. It was called the Rowing Team Quality First Program, with meetings, dinners and free pens for the rower. Even new paddles and medical benefit incentives were promised for a winner. We must give the rower the empowerment and enrichments through this quality program. The next year's race was held and the Japanese team won again, by two miles. Humiliated, the American management laid off the rower for poor performance, halted development of a new canoe, sold the paddles, and cancelled all capital investments for new equipment. The money saved was distributed to the senior executives as bonuses.

Level 3 Certificate in Quality Assurance

The level 3 Certificate in Quality Assurance is a qualification that has been put together to fill a gap for those students who wish to gain the Level 4 Diploma in Quality (Assurance and Management) but do not have the necessary skills and knowledge to commence a Level 4 qualification, and also for those who are new to the quality field, providing an introductory level qualification. This course consists of 3 units (C1, C2, and C3) that can be completed in a year or maximum of 3 years. Units C1 and C2 will be assessed using an assignment approach, whilst Unit C3 will be assessed externally with an examination. QM&T will be launching this course in September 2004, with the first exam being scheduled for June 2005. Each unit of qualification will be awarded by grades, fail, pass, merit, and distinction. For any individual who is interested in starting this course they should contact QM&T and register their name. For

more information please visit QM&T's website www.qmt.co.uk

Medical Product Recall

According to a recent report, a hospital in Swansea has had to tell 40 patients that their artificial hips may need replacing. Morriston Hospital claimed that the prosthetic devices used were showing faults earlier than expected. Some of the patients who had their artificial hips will need to go through surgery over the next 2 or 3 years due to the medical product recall. Swansea NHS Trust, which runs Morriston Hospital, issued the advice after an investigation by the Medicines and Healthcare products Regulatory Agency. The inquiry found that some of the cases using replacement hip, called the ABG I acetabular cup, had worn out sooner than expected, causing damage to the bone. For more information please see BBC news.

Computers and Sleepless Nights for Children

According to a recent report, research has found that computers can be harmful to children's sleep patterns. The research which was carried out for drinks manufacturers, Horlicks, found that out of 1000 parents, over two thirds of children had a computer, games machine or television in their bedroom, and that a fifth of the children got two to five hours less sleep a night compared to their parents did at the same age. It is suggested that children should go to bed at the same time every night, and should unwind for at least 15 minutes before sleeping by activities such as reading, having a bath or having a milky drink. For more information on this subject please visit IQA's website www.iqa.org.