



This proposal is for a: Policy Procedure Guidelines Code of Practice

Healthy Choice Guidelines for Division of Health Sciences

Category or Type	Health & Safety
Originally approved by, and date	Health Sciences Divisional Executive 26 November 2015
Date Policy will take effect	1 February 2016
Last approved revision	1 February 2017
Sponsor	Pro-Vice-Chancellor Health Sciences
Responsible Officer	Director, Policy and Programmes
Review date	1 February 2020

Purpose

New Zealanders consume too much saturated fat and sodium and not enough dietary fibre (University of Otago and Ministry of Health 2011, Ministry for Primary Industries 2013). The growing rates of obesity show that many New Zealand adults also consume more energy (kilojoules) than they use, with almost one-third (30%) classified as obese and a further one-third (35%) as overweight. It is widely accepted that, for relatively sedentary populations, sugar consumption has little nutritional value and contributes, either directly or indirectly, to a higher risk of developing serious medical conditions. Sugar consumption is also linked to tooth decay.

The Division of Health Sciences wishes to provide an environment that actively promotes healthy eating and beverage choices. In so doing, the Division will demonstrate a leadership role in nutrition by acting as a role model and by reflecting a commitment to the promotion of healthy choices.

The Healthy Choice Guidelines outline expectations to ensure that staff and students in Health Sciences are offered healthy food and beverage options.

The guidelines are intended to provide direction for stocking vending machines with products that have lower levels of energy, fat, sugar and salt. In the first instance, the guidelines apply to:

- Vending machines and snack box options located in Division of Health Sciences buildings
- Catering choices for functions organised by Division of Health Sciences staff and students that are paid for by the University of Otago.

In general, the guidelines align with those produced by the:

- Southern District Health Board
- Dunedin City Council
- Capital & Coast District Health Board
- Waitemata District Health Board
- Counties Manukau District Health Board
- Auckland District Health Board
- Auckland Regional Public Health Service
- The National Heart Foundation of New Zealand.

The guidelines have also been sent to a number of academics in the Division of Health Science for peer-review.

Scope

These guidelines are relevant to:

- all vending machines and snack boxes located in buildings situated within Division of Health Sciences campuses (Dunedin, Christchurch and Wellington)
- all functions in Departments, Schools and Faculties within the Division of Health Sciences that are paid for by the University of Otago.

Content

Healthy Vending

The Division of Health Sciences is committed to ensuring that healthy options are available in all vending machines.

Current best practice guidelines suggest that the simplest and most efficient way to define healthy options for vending machines is to use energy limits. Limiting energy (or kilojoules) automatically reduces the total fat and sugar content of food items. The recommended limits, to be adopted by the Division of Health Sciences are:

- ≤ 800kJ per item for snacks*

* For items containing more than one serve, it is the item size (not the serving size) that must meet these guidelines.

To maximise consumer choice, it is recommended that, at the time of initial implementation of these guidelines, a minimum of 75% of the items stocked in vending machines sit within these energy limits. This ratio can be increased over time if desired.

With regard to beverages, the Division will not offer any beverages that have had sugar added before the point of sale. This includes soft drinks, sugar-added fruit juices, sports drinks and sugar-added flavoured milk. It is recommended that the following beverages are provided:

- Water in any portion size
- Sugar-free versions of soft drinks

All remaining beverages sold need to have portion sizes less than 355ml.

In addition, all contracts with vending machine vendors should stipulate that:

- The healthy options are clearly labelled
- The healthy options are placed for maximum exposure e.g. at eye level
- The vending machine skins reflect the healthy choices available
- The vending company is responsible for ensuring that the machines are filled with the percentage of healthy options that the Division of Health Sciences has requested.

Healthy Catering

Recognising that the Union Catering service falls outside the scope of these guidelines, it is recommended that, wherever practical, the Division commits to providing a variety of food and beverages to ensure healthy choices are always available. When ordering or supplying catering within the Division, the following is recommended:

- Serve low fat foods
- Serve fruits and vegetables whenever possible
- Select healthy proteins and at least one plant-based, vegetarian option
- Avoid fried foods
- A variety of bread options, preferably wholemeal, rye or wholegrain, should be offered e.g. rolls, pita bread, wraps
- Offer smaller or half-size portions of sweet baked products (e.g. mini muffins, smaller cookies/slices) and limit to one per person
- Ensure that water is always provided
- Limit the use of beverages that have had sugar added before the point of sale

Related Policies, Procedures and Forms

N/A

Consultation

Pre-Approval

Professor Peter Crampton
Associate Professor Louise Signal
Professor Jim Mann
Dr Kirsten Coppell
Associate Professor Nick Wilson
Professor Murray Thomson
Members of Health Sciences Divisional Executive

Post-Approval – For information

Chair, Healthy Campus Working Group
Policy Management Group
Property Services
Director of Student Services (responsibility for Union Catering)
Health & Safety

Contact for further information about this Policy

If you have any queries regarding the content of these guidelines or need further clarification, contact Director, Policy and Programmes, Health Sciences Divisional Office.