Healthy Beverage and Food Policy and Practice Toolkit

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November 17, 2017

Dear Colleague,

We are excited to share documents to support healthy food and beverage organizational policy adoption. By adopting healthy food and beverage organizational policies, your organization can help create an environment that supports employee and visitor efforts to eat well and be healthy.

This policy toolkit contains materials to help your organization adopt and successfully implement healthy policies, including:

- Model healthy meeting, healthier vending and healthier concessions policy templates
- Model position statement regarding the harms of sugar-sweetened beverages
- Model policy: non-acceptance of in-kind or cash donation from sugar-sweetened beverage industry policy templates
- Policy implementation support materials
- Examples of policies adopted by Denver Metro organizations

These materials were developed by the Healthy Beverage Partnership (HBP), a regional effort to reduce obesity and chronic diseases in the Denver metropolitan area. The HBP is convened by Denver Public Health and is made up of six local public and environmental health departments including Boulder County Public Health, City and County of Broomfield Public Health and Environment, Denver Environmental Health, Denver Public Health, Jefferson County Public Health and Tri-County Health Department.

This program is supported by the Cancer, Cardiovascular and Chronic Pulmonary Disease Grants Program.

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Regards,

Members of the Healthy Beverage Partnership
Healthy Beverage and Food Policy and Practice Toolkit

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Model Healthy Meeting and Event Policy

Purpose

[NAME OF ORGANIZATION] is committed to supporting the health and wellbeing of our employees and the people we serve. The work environment can be a major factor in shaping lifestyle choices made by its staff and this policy aims to foster a culture of health and to support staff in making healthy food and beverage choices. This policy will serve to create a healthier work environment for staff and guests by ensuring the availability of healthy food and beverage choices at all internal meetings and community events sponsored by [NAME OF ORGANIZATION].

Scope

This policy applies to:

1. All employees of [NAME OF ORGANIZATION] and all persons completing work on behalf of [NAME OF ORGANIZATION] (e.g., contractors, students, interns, consultants)
2. All organization-sponsored functions where organization funds are used to purchase food and beverages (e.g., work meetings, celebrations, organization-sponsored parties/events, etc.)

Policy

Staff shall incorporate the following requirements whenever hosting any [NAME OF ORGANIZATION] meetings and events for which food and/or beverages will be purchased:

- Consider whether you need to provide food at the meeting. (For example, if the meeting is not during a meal-time or less than two hours, food may not be necessary. Consider offering tap water only.)
- Include at least one fruit or vegetable option.
- Serve whole grain foods (e.g., whole wheat pasta, brown rice, whole wheat bread/pitas/tortillas) if available.
- Ask for salad dressings and condiments to be served on the side. If it is not possible, ask that salads be lightly dressed.
- Ensure that tap water is available and served from reusable pitchers.
- Do not serve any sugary drinks (e.g., sodas, energy drinks, sports drinks, juices that are less than 100% fruit juice, flavored milks, or sweetened tea/coffee drinks). Sweeteners may be offered on the side.
- Provide a healthy option (e.g., fresh fruit) whenever you are providing desserts. If possible, cut traditional dessert servings in half.
Expansion Options for a Healthy Meeting Policy

Physical Activity:

- Include voluntary activity break for meetings that last more than one hour. Include meeting break on the meeting agenda.
- Consider a walking meeting when scheduling a meeting with three or less attendees.
- Avoid scheduling meetings over the lunch hour whenever possible. Encouraging employees to take their lunch break provides both a physical and mental break.

Environmental Considerations:

- Eliminate bottled water, ensure tap water is available and served from reusable pitchers.
- Ban individual condiment packets; require vendors to use bulk condiments dispensed into compostable or recyclable portion cups.
- Provide reusable/recyclable/compostable plates/cups/silverware when possible.
- Recycle all cardboard, mixed paper, aluminum, glass, plastic and co-mingled containers. Provide signage at all bins so attendees know how to recycle. Co-locate recycling bins with all trash bins.
- Select food vendors or caterers with a commitment to sustainability.
- Provide meeting slides and handouts electronically rather than paper copies.
- Donate left over food instead of throwing it away.

ADOPTED this ___[INSERT DAY]__ day of ___[INSERT MONTH]____, ___[INSERT YEAR]___

______[INSERT SIGNATURE]______
______[INSERT PRINTED NAME/TITLE OF SIGNEE]______
Política de modelo para reuniones y eventos de la salud

Propósito

[NOMBRE DE LA ORGANIZACIÓN] está comprometida a apoyar la salud y el bienestar de nuestros empleados y de las personas a las que servimos. El ambiente laboral puede ser un factor muy importante para la toma de decisiones cruciales en la vida de sus empleados y esta política tiene como objetivo el fomentar una cultura de salud y apoyar al personal para que opte por alimentos y bebidas saludables. Esta política servirá para crear un ambiente de trabajo más saludable para el personal y nuestros visitantes al asegurar la disponibilidad de opciones de alimentos y bebidas saludables en todas las reuniones internas y en los eventos de la comunidad que sean patrocinados por [NOMBRE DE LA ORGANIZACIÓN].

Alcance

Esta política es aplicable para:

1. Todos los empleados de [NOMBRE DE LA ORGANIZACIÓN] y todo el personal que termine trabajos en representación de [NOMBRE DE LA ORGANIZACIÓN] (por ejemplo, contratistas, estudiantes, residentes, consultores)
2. Todas las funciones patrocinadas de organización en las que los fondos de organización sean usados para adquirir alimentos y bebidas (por ejemplo, reuniones de trabajo, celebraciones, fiestas o eventos patrocinados por la organización de la organización, etc.)

Política

El personal deberá incorporar los siguientes requisitos siempre que se organice algún evento o reunión de [NOMBRE DE LA ORGANIZACIÓN] donde se adquieran alimentos y/o bebidas:

- Analice si es necesario proveer alimentos para la reunión. (Por ejemplo, si la reunión no tiene lugar durante un horario de comida o si dura menos de dos horas, los alimentos tal vez no son necesarios. Considere solo ofrecer agua embotellada.)
- Incluya al menos una opción de fruta o verdura.
- Sirva alimentos integrales (por ejemplo, pasta integral, arroz integral, pan/pitas/tortillas integrales) si están a su alcance.
- Pida aderezos para ensalada y condimentos a ser servidos por separado. Si esto no es posible, pida que las ensaladas lleven sólo un poco de aderezo.
- Asegúrese que haya agua embotellada disponible y que se sirva con jarras reutilizables.
- No sirva bebidas azucaradas (por ejemplo, refrescos, bebidas energéticas, bebidas para deportistas, jugos que sean menores del 100% jugo de frutas, leches con saborizantes o bebidas de té y café endulzados). Los endulzantes se pueden servir por separado.
• Ofrezca una opción saludable (por ejemplo, fruta fresca) cada que esté suministrando postres. Si es posible, corte las porciones tradicionales de postre a la mitad.

ADOPTADO el día ___ [INSERTE DIA] de ______ [INSERTE MES] de ______ [INSERTE AÑO]

____ [INSERTE FIRMA]____
____ [INSERTE NOMBRE IMPRESO/TITULO DE FIRMANTE]____
Healthy Meeting How-To Guide

Why a Healthy Meeting Policy?
- Support a culture of wellness for employees, partners, clients and guests.
- Ensure availability of healthy food and beverage choices and opportunities for movement at all meetings and events.
- Many diseases, including heart disease, type 2 diabetes, cancer and stroke, are largely affected by what people eat and how active they are.
- Best practices are already adopted by many city agencies and organizations.

Top Tips for Healthy Meetings & Events
- Offer at least one fruit or vegetable option when food is provided.
- Serve pitchers of ice water if possible (try to avoid bottled water). Infuse water with fruit, cucumbers, etc. to encourage consumption.
- Do not serve sugary drinks.
- Ensure a healthy option (e.g. fresh fruit) is available when dessert is offered. Cut traditional dessert serving sizes in half.
- Allow time for short movement breaks during meetings longer than one hour.
- Encourage attendees to bring their own dishes and utensils.
- Serve whole grain products whenever available.
- Serve salad dressing and condiments on the side.
- Select healthy proteins and at least one plant-based vegetarian option.
- Serve small portions.

Frequently Asked Questions
Q: Will healthy meetings be more expensive?
A: By focusing on ordering the appropriate amount of food to reduce waste and eliminating the purchase of sugar-sweetened beverages, the cost can be comparable.

Q: What drinks are considered “sugar-sweetened beverages”?
A: Sugar-sweetened beverages include: regular soda, pre-sweetened tea or coffee drinks, sweetened juice drinks (e.g. punch, lemonade), sports drinks, energy drinks, and flavored milk. Offering coffee or unsweetened tea with sugar packets is still acceptable.

Q: Does this mean we aren’t allowed to have doughnuts or treats in meetings anymore?
A: No, it just means that this can’t be the only option available. The idea of the policy is to make healthy choices readily available.

Q: What is a movement break? Why are they important?
A: Anything that gets people up and moving. Physical activity breaks can improve concentration and increase energy levels during a meeting. When it comes to activity – every little bit counts!
## Healthy Meeting Swappable Items

<table>
<thead>
<tr>
<th>Common Choice:</th>
<th>Healthier Choice:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td></td>
</tr>
<tr>
<td>Juice drinks, Juice</td>
<td>Water, Unsweetened Coffee, Unsweetened Tea</td>
</tr>
<tr>
<td>Fruits in heavy syrup</td>
<td>Fresh fruit</td>
</tr>
<tr>
<td>Regular, high-sugar yogurt</td>
<td>Low-fat yogurt with low sugar</td>
</tr>
<tr>
<td>Regular-sized, refined grain bagels</td>
<td>Small whole grain bagels – 3-1/2” or smaller</td>
</tr>
<tr>
<td>Croissants, doughnuts, sweet rolls, pastries</td>
<td>Small mini muffins, low-fat granola bars</td>
</tr>
<tr>
<td>Butter, full-fat cream cheese, stick margarine</td>
<td>Nut butter, low-fat cream cheese, or hummus</td>
</tr>
<tr>
<td>Sweetened cereals and refined grain cereals</td>
<td>Unsweetened whole grain cereals</td>
</tr>
<tr>
<td><strong>Lunch &amp; Dinner</strong></td>
<td></td>
</tr>
<tr>
<td>Salads with added dressing</td>
<td>Salads with lower-fat dressings on the side</td>
</tr>
<tr>
<td>Regular salad dressings</td>
<td>Lower-fat, lower sodium salad dressing</td>
</tr>
<tr>
<td>Soups made with cream or half and half</td>
<td>Soups made with vegetable puree or non-fat milk or vegetable based soups</td>
</tr>
<tr>
<td>Pasta salads made with mayonnaise</td>
<td>Whole grain pasta salads with light vinaigrette</td>
</tr>
<tr>
<td>Sandwiches on croissants or white bread</td>
<td>Sandwiches on whole grain breads</td>
</tr>
<tr>
<td>High-fat and fried meats, processed meats, poultry with skin, oil-packed or fried fish</td>
<td>Lean meats (poultry, fish, tofu, tempeh, legumes)</td>
</tr>
<tr>
<td>Cooked vegetables in cream sauce or butter</td>
<td>Roasted, sautéed, or grilled veggies with herbs</td>
</tr>
<tr>
<td>Bread basket with butter</td>
<td>Vegetable plate with hummus</td>
</tr>
<tr>
<td>Croissants or white rolls with butter</td>
<td>Whole grain bread or rolls with olive oil</td>
</tr>
<tr>
<td>Desserts with higher saturated fat (ice cream, cheesecake, pies, cream puffs, cake, pastries)</td>
<td>Fruit or desserts cut in half</td>
</tr>
<tr>
<td><strong>Snacks</strong></td>
<td></td>
</tr>
<tr>
<td>Cookies</td>
<td>Cut up fruit</td>
</tr>
<tr>
<td>Chips</td>
<td>Cut up vegetables</td>
</tr>
<tr>
<td>Crackers made with refined grains</td>
<td>Whole grain crackers (5g fat or less/serving)</td>
</tr>
<tr>
<td>Potato chips</td>
<td>“Lite” popcorn (5g fat or less/serving)</td>
</tr>
<tr>
<td>Ice cream bars</td>
<td>Plain yogurt with berries</td>
</tr>
<tr>
<td>Candy</td>
<td>Whole grain granola bars (less than 10g sugar/bar)</td>
</tr>
<tr>
<td>Cupcakes, snack cakes</td>
<td>Fruit with yogurt dip</td>
</tr>
<tr>
<td>Chips and dip</td>
<td>Veggies with hummus, low-fat dressing, or salsa</td>
</tr>
<tr>
<td><strong>Beverages</strong></td>
<td></td>
</tr>
<tr>
<td>Soda or fruit-flavored drinks</td>
<td>Water (plain or flavored, carbonated or not, with no sugar), coffee or tea, sparkling water, 100% fruit or vegetable juices</td>
</tr>
<tr>
<td>Whole, 2% milk, or half-and-half</td>
<td>Low-fat, non-fat, or non-diary milk (soy/almond)</td>
</tr>
<tr>
<td>Juice drinks</td>
<td>100% juice</td>
</tr>
</tbody>
</table>
Model Healthier Vending Model Policy

Purpose
[NAME OF ORGANIZATION] has adopted a Healthier Vending Policy to support a culture of wellness for our employees, clients, students, and guests. There is substantial research indicating that the environments where we live, learn, work and play shape our ability to consume healthy food and beverages. Vending machines are often one component of these environments. By providing healthy foods and beverages through vending, [NAME OF ORGANIZATION] will support positive lifestyles for employees and the people we serve.

Scope
This policy applies to all machines designed to dispense food and/or beverages located in any [NAME OF ORGANIZATION] owned, leased, or operated space or facility.

Policy
These guidelines shall apply to the products offered by [NAME OF ORGANIZATION] vending machines:

Beverages
Ensure that at least 75% of beverages include a selection of the following:
- Water (plain, sparkling, flavored with no sweetener)
- Milk or unsweetened non-dairy beverages (nonfat, 1% or 2% less than or equal to 12 oz.)
- 100% juice or juice with only fruit/vegetable by-products (less than or equal to 8 oz.)
- Vegetable juice (with 230 mg of sodium or less per serving)
- Unsweetened tea or coffee
- Other carbonated or non-carbonated beverages with less than or equal to 40 calories per 8 oz.

Food Items
Ensure that at least 75% or more of vending snack items meet the following Nutrition Criteria:
- Fresh fruits and vegetables
- Nuts and seeds with no added sugar
- All other snacks that meet the following nutrition standards per serving:
  - Less than or equal to 200 calories
  - Less than or equal to 10% of calories from saturated fat
  - Less than or equal to 230 milligrams of sodium
  - Less than or equal to 35% of calories from sugar
  - 0 grams of trans fat

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Boulder County Public Health | City and County of Broomfield Public Health and Environment | Denver Environmental Health | Denver Public Health | Jefferson County Public Health | Tri-County Health Department
Advertising/Promotion

- Vending machine “wraps” shall not promote unhealthy options.
- All healthy products properly labeled in a manner to indicate which choices are “healthy”.

ADOPTED this [INSERT DAY] day of [INSERT MONTH], [INSERT YEAR]

____ [INSERT SIGNATURE]____
____ [INSERT PRINTED NAME/TITLE OF SIGNEE]____
Política de modelo de ventas más saludables

Propósito
[NOMBRE DE LA ORGANIZACIÓN] ha adoptado una política de ventas más saludables para apoyar una cultura de bienestar para nuestros empleados, clientes, estudiantes e invitados. Hay importantes investigaciones que indican que los ambientes donde vivimos, aprendemos, trabajamos y jugamos influyen en nuestra capacidad de consumir bebidas y alimentos saludables\(^1\). Las máquinas expendedoras de alimentos son a menudo parte de estos ambientes. Al proporcionar alimentos y bebidas saludables a través de las máquinas expendedoras, [NOMBRE DE LA ORGANIZACIÓN] apoyará estilos de vida positivos para los empleados y las personas a quienes servimos.

Alcance
Esta política se aplica a todas las máquinas diseñadas para dispensar alimentos o bebidas en cualquier propiedad, local arrendado, o espacio o instalación de [NOMBRE DE LA ORGANIZACIÓN].

Política
Estas directrices se aplicarán a los productos ofrecidos por las máquinas expendedoras de [NOMBRE DE LA ORGANIZACIÓN]:

Bebidas
Garantizar que al menos el 75% de las bebidas incluyan una selección de lo siguiente:
- Agua (pura, gaseosa, con sabor sin edulcorante)
- Leche o bebidas no lácteas sin azúcar (sin grasa, con 1% o 2% de grasa, 12 oz. o menos)
- Jugo 100% puro o solamente con derivados de frutas o verduras (8 oz. o menos)
- Jugo de vegetales (con 230 mg o menos de sodio por porción)
- Café o té sin azúcar
- Otras bebidas carbonatadas o no carbonatadas con 40 calorías o menos por 8 onzas.

Alimentos
Garantizar que al menos el 75% de los alimentos de las máquinas expendedoras satisfagan los siguientes criterios de nutrición:
- Frutas y verduras frescas
- Nueces y semillas sin azúcar añadida
- Otros bocadillos que cumplan con las normas de nutrición teniendo por porción:
  - 200 calorías o menos
  - 10% o menos de calorías provenientes de grasa saturada
  - 230 miligramos o menos de sodio
  - 35% o menos de calorías provenientes de azúcar
  - 0 gramos de grasas trans

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Publicidad y promoción

- Las "envolturas" de las máquinas expendedoras no promoverán opciones poco saludables.
- Todos los productos saludables deben estar bien etiquetados para indicar cuáles opciones son "saludables".

ADOPTADO el día ___ [INSERTE DIA] de _____ [INSERTE MES] de _____ [INSERTE AÑO]

_____ [INSERTE FIRMA]_____
_____ [INSERTE NOMBRE IMPRESO/TITULO DE FIRMANTE]_____

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Healthy Vending Best Practices for Implementation

It can be difficult for community residents to consume nutritious beverages and food when eating outside the home due to a lack of healthy options. Offering healthy food and beverages at your organization’s vending machines helps residents make healthy choices for themselves and their families.

Make the healthy choice easy through pricing, marketing and education

- Work with your vendor(s) to price the healthiest beverages and foods at the lowest cost and price candy or junk food at the highest cost. Use the Healthy Beverage Partnership nutrition standards to differentiate between the two.
- Place the healthiest options at eye level for children.
- Use signage or labeling to identify which products are healthy.
- Limit advertising on vending machines to beverages and food that are healthy.
- Ensure vending machines post calories next to each item.
- Use education and marketing to promote the healthiest vending options.

Identify the right strategies to use to implement your healthy vending program

- Assess the environment. Determine where vending machines are located, what products are offered, and whether there are existing nutrition or vending policies. Find out what the current perceptions are around healthy eating among staff and other stakeholders.
- Select a recognized leader within the organization to champion the program.
- Engage with stakeholders such as administrators, staff, food and nutrition service providers, students, parents, and others in the planning process.
- Create an implementation plan with goals, strategies and a timeline.
- Pilot test the offerings to allow staff to identify healthy, tasty choices and adjust to new options.
- Conduct an annual review to evaluate and revise your vending guidelines, as needed.

*This document has been adapted and modified from Public Health – Seattle & King County.*

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14
Why Offer Healthier Options?

The Business Case

Many state and local governments, hospitals, workplaces, and other institutions are moving toward offering healthier options through their cafeterias, concession stands, vending machines, meetings, conferences, events, and through their programs. Below are some reasons why your business could benefit from offering healthier options.

You Are Missing out on Customers

According to the Snack Food Association, customers want healthier options:

- 74% of consumers are trying to eat healthier
- 65% are eating specific foods to lose weight
- Sales growth of healthier snacks is outpacing traditional snack foods by 4 to 1

Be Ahead of the Curve

- Sixty-nine states and localities have policies to improve the nutritional quality of foods and beverages on some or all of their property.
- Over a thousand hospitals are implementing policies to improve the foods and beverages that they serve to patients and visitors.
- Many workplaces are asking for healthier options to support employee wellness.

Serving Healthier Options Is Good for Business

The Automatic Merchandising State of the Industry report, put out by the National Automated Merchandizers Association (NAMA), stated that there is an increasing demand for healthy vending, from both consumers and operators. "Vendors reported that healthy food attributed as much as a 25 percent upswing in sales."

When healthy cafeteria standards were implemented in the Hubert H. Humphrey U.S. Health and Human Services building, sales increased 34% in the first six months compared to the six months before implementation.

A three-month pilot program in the Missouri Department of Health and Senior Services demonstrated that with 50-60% of vending machines stocked with healthier options the vendor experienced a $670 increase in revenue compared to the same three-month period in the previous year.

Baldwin Park, California implemented healthier nutrition standards for 100% of foods and beverages sold in city vending machines. During the initial six months the city experienced a dip in sales, but after six months revenue returned to previous levels, and that is where it has remained for the past four years.

There Are Many Healthier, Delicious Options Available

In the past, some vendors worried about being able to find enough healthier options, but today there are many healthier options available. Check out these product lists for ideas of what to stock:

- Alliance for a Healthier Generation: http://bit.ly/1of7LNY
- Fit Pick: http://bit.ly/1tk29UT

*This resource was adapted from the Center for Science in the Public Interest*

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Financial Implications of Healthy Vending

Many vendors have found that revenue is unaffected by implementing healthy vending: and some vendors have experienced an increase in sales when they increased healthier options. The transition will go more smoothly when coupled with nutrition education, taste tests, promotions, and changes to pricing.

More and more people are interested in healthier snacks. According to a 2010 study by the Snack Food Association, about 74% of consumers are trying to eat healthier, with about 65% eating specific foods to lose weight. Sales of healthier snacks are outpacing traditional snack foods by 4 to 11 and contribute to increased sales growth and profits for food companies.2

Increasing Healthier Choices

In February 2012, the Chicago Parks District implemented 100% healthier products in all park vending machines. A recent study found that 88% of park-goers reacted positively to the healthier options; the leading complaint was that the options weren’t healthy enough. Average monthly per-machine sales increased over 15 months ($84 to $371).3

Baldwin Park, California implemented nutrition standards for all foods and beverages sold in city vending machines. During the initial six months the city experienced a dip in sales, but after six months revenue returned to previous levels, and that is where it has remained for the past four years.4

Healthy cafeteria standards were implemented in the Hubert H. Humphrey U.S. Health and Human Services building and sales increased 34% in the first six months compared to the six months before implementation.5

A three-month pilot program in the Missouri Department of Health and Senior Services demonstrated that with 50-60% of vending stocked with healthier options the vendor experienced a $670 increase in revenue compared to the same three month period in the previous year. By month, sales increased 5.9% in November, 16.4% in December, and 6.2% January.6

Implementing a healthy beverage policy, St. Elizabeth’s Hospital, in Boston, Massachusetts, experienced a 30% increase in healthy beverage sales, and overall sales increased compared to the previous year.7

Rady Children’s Hospital, in San Diego, California, increased the number of healthier beverage choices available in cafeterias and vending machines, conducted an education campaign, and implemented placement strategies to make the healthier options more prominent. Over four months, revenue has remained stable, healthier drink purchases have increased 40%, and healthiest drink purchases have increased 64%.8

Consumers might take a few months to get used to new products. One way to mitigate dips in sales is to educate consumers about the changes and offer taste tests to find out which healthier products work best in different facilities.

Placement strategies, like putting healthier drinks at eye level instead of in the bottom of a vending machine, support healthier choices when the vending machine is not stocked with 100% healthier products.
A healthy vending pilot was conducted in three Delaware state agency buildings from October 2011 through April 2012. During the pilot, healthy selections were increased to 75% of food or beverage selections. The healthy vending pilot successfully shifted purchasing away from unhealthy beverages as compared to 2011 sales. In one location, sales of unhealthy beverages dropped from 75% of the units sold to 38%, while the overall units sold during those months increased.9

Iowa Department of Public Health used a social marketing approach to develop and test messages to motivate consumers to make healthier choices from vending machines. In pilot sites in office settings, there was a 10% shift in sales to healthier choices when messages were placed at the point of purchase in comparison to control machines (both sites had the same mix of products). In manufacturing settings, there also was a positive shift toward healthier product choice, but to a lesser extent than in office settings (5.7%).10

The Centers for Disease Control and Prevention and U.S. Department of Agriculture examined 17 schools and districts across the country that implemented nutrition standards for the foods and beverages sold through vending machines, a la carte, snack bars, and school stores. After a period of adjustment, most schools and districts found that revenue increased (71% of schools) or stayed the same (24% of schools).11

**Competitive Pricing**

The University of Minnesota added healthier options to vending machines in 12 worksites. They implemented price reductions for healthier items of 10%, 25%, and 50%, and saw sales increase by 9%, 39%, and 93%, respectively. Average profits per machine were not affected by the changes.12

Consumers might take a few months to get used to new products. One way to mitigate dips in sales is to educate consumers about the changes and offer taste tests to find out which healthier products work best in different facilities.

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*This resource was adapted from the Center for Science in the Public Interest*
Reasons to Offer Healthier Food and Beverage Options in Public Places and Programs

1) **Ensure access to healthier options and help to create more supportive food environments** for government employees, visitors to public property, participants in government-sponsored programs, and people in government institutional environments.

2) **Support employees’ ability to eat healthfully.** Studies show a strong relationship between the workplace environment and the health behaviors of employees.

3) **Increase demand for healthier options.** State and local jurisdictions are large purchasers of food. Directing their food dollars towards healthful options drives demand for healthier products and spurs companies to reformulate their products.

4) **Reduce health care costs.** Offering healthier options in public places could decrease the economic burden of obesity and diet-related chronic diseases, which cost $190 billion a year—half of which is paid by taxpayers through Medicaid and Medicare.

5) **Increase American competitiveness.** American competitiveness is reduced when diet-related diseases reduce worker productivity.

6) **Model and reinforce other nutrition and obesity prevention efforts by state and local governments.** Most state and many local governments implement obesity and chronic disease prevention programs. Those programs are undermined and contradicted by selling unhealthy foods on public property or serving them through government-sponsored programs.

7) **Give people what they want.** People want healthier options and generally are trying to eat healthier. A study of healthy vending in Chicago parks showed that 88% of visitors were satisfied with the healthier vending options. A Snack Food Association survey revealed that three-fourths of consumers are trying to eat healthier and two-thirds are eating specific foods to lose weight.

8) **Reduce obesity and diet-related chronic diseases.** Obesity and poor nutrition are contributing to high rates of heart disease, diabetes, and other diet-related chronic diseases, which diminish Americans’ quality of life. Diet-related diseases are leading causes of disabilities. For example, nationally, 12,000 to 24,000 people with diabetes become blind each year.

9) **Join the Movement.** States from Tennessee to California and localities from Hernando, MS to New York City have implemented policies to improve the food and beverage offerings on public property and through their programs. These policies are being implemented in a variety of venues, from vending in health department facilities to all food provided in parks and recreation department facilities to all government property and programs. This is a low-cost strategy to address nutrition and obesity. All states and localities across the country should adopt policies for healthier food choices on public property.

*This resource was adapted from the Center for Science in the Public Interest*

BUILDING HEALTHY COMMUNITIES TOGETHER
Boulder County Public Health | City and County of Broomfield Public Health and Environment | Denver Environmental Health | Denver Public Health | Jefferson County Public Health | Tri-County Health Department
Healthier Concessions Model Policy

Purpose
[NAME OF ORGANIZATION] supports a culture of wellness for our employees, clients, students, and guests. There is substantial research indicating that the environments where we live, learn, work and play shape our ability to consume healthy food and beverages. Concessions are often one component of these environments. This policy will support positive lifestyles for employees and the people we serve by making healthier food and beverages available in our concessions area.

Scope
This policy applies to all concession areas designed to sell food and/or beverages located in any [NAME OF ORGANIZATION] owned, leased, or operated space or facility.

Policy
These guidelines shall apply to the products sold by [NAME OF ORGANIZATION]:

- Ensure that at least one side dish, child entrée and adult entrée meet the below Nutrition Guidelines. If there are separate menus for breakfast, lunch and dinner, there must be at least one healthy option offered at all mealtimes.
- Ensure that all bundled/combination meals (e.g., main course, side, and drink combination) offer water, plain white milk or unsweetened milk alternatives as the advertised default beverage included in the meal offer. Substitute drinks beyond the healthy beverages listed below could be available if requested by the customer, and at an additional charge.
- Ensure that at least 75% of pre-packaged (e.g., granola bar) or grab-and-go (e.g., whole fruit) snacks meet the healthy guidelines for food.
- Ensure that at least 75% of beverages sold separately meet the Healthy Guidelines for Beverages.
- [INSERT A MINIMUM OF THREE BEST PRACTICES OF YOUR CHOOSING FROM THE HEALTHIER CONCESSIONS ENVIRONMENTS LIST.]

Healthy Guidelines for Beverages
Ensure that at least 75% of beverages sold separately from bundled/combination meals include a selection of the following:

- Water (plain, sparkling, flavored with no sweetener)
- Milk or unsweetened non-dairy beverages (nonfat, 1% or 2% less than or equal to 12 oz.)
- 100% juice or juice with only fruit/vegetable by-products (less than or equal to 8 oz.)
- Vegetable juice (with 230 mg of sodium or less per serving)
- Unsweetened tea or coffee
Healthy Guidelines for Beverages Continued

• Other carbonated or non-carbonated beverages with less than or equal to 40 calories per 8 oz.

Nutrition Guidelines

At least 75% of pre-packaged or grab-and-go snacks must meet the below nutrition criteria. At least one side dish, child entrée and adult entrée must meet the below side dishes, child’s entrée and adult’s entrée criteria. All packaged meals must offer water, plain white milk or unsweetened milk alternatives as the advertised default beverage.

<table>
<thead>
<tr>
<th>Nutrition Criteria</th>
<th>Snacks/Side Dishes (per serving)</th>
<th>Child’s Entrée (per meal)</th>
<th>Adult’s Entrée (per meal)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>≤200 calories</td>
<td>≤350 calories</td>
<td>≤525 calories</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>≤10% of calories (1.1 g/100 cals)</td>
<td>≤10% of calories (1.1 g/100 cals)</td>
<td>≤10% of calories (1.1 g/100 cals)</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0g</td>
<td>0g</td>
</tr>
<tr>
<td>Sugar</td>
<td>≤35% of calories (8.5g/100 cals)</td>
<td>≤35% of calories (8.5g/100 cals)</td>
<td>≤35% of calories (8.5g/100 cals)</td>
</tr>
<tr>
<td>Sodium</td>
<td>≤230mg</td>
<td>≤480mg</td>
<td>≤600mg</td>
</tr>
<tr>
<td>Healthy Default Beverages Offered in Meals</td>
<td>Water, plain white milk or unsweetened milk alternatives</td>
<td>Water, plain white milk or unsweetened milk alternatives</td>
<td></td>
</tr>
<tr>
<td>Healthy Meal Sides</td>
<td>Must include a fruit or vegetable</td>
<td>Must include a fruit or vegetable</td>
<td></td>
</tr>
</tbody>
</table>

Additional Notes

- Fruit (fresh, canned, dried) without added caloric sweetener* is exempt from sugar limit.
- Nuts and seeds (with no added sugar) are exempt from calorie and fat requirements.
- Low fat or fat free plain yogurt without added caloric sweetener is exempt.

*Caloric sweeteners include various forms of added sugars like brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, lactose, malt syrup, maltose, molasses, raw sugar, and sucrose.

Encouraging Healthier Concession Environments

Implement a minimum of three of the following best practices:

- Make water free and easily available throughout the institution.
- Post signs/posters/advertising to promote healthy options.
- Promote only healthy options on concession coolers and/or shelving display “wraps.”
- Establish price differential: healthy items are priced lower than similar unhealthy items (price differential of 30-40% has been shown to be most effective).
- Identify healthy items by methods such as: the stop light, nutrition information, other label (e.g., heart, apple).
- Place healthy items at eye level on shelves; place unhealthy items low and high.
Encouraging Healthier Concession Environments Continued

☐ Display only healthy items at checkout/point of sale.
☐ Offer incentives, such as discounts or promotions, for healthy items only.
☐ Dedicate a specific section of the concessions to healthy items only (e.g., Healthy Kids Zone, Soda Free Zone).
☐ List healthy options with creative names (e.g., X-Ray Vision Carrots, Silly Dilly Green Beans, Dinosaur Trees for broccoli).
☐ Modify or substitute ingredients to reduce sugar, fat, and sodium.
☐ Stock only healthy beverages.
☐ Remove all deep fried offerings.

ADOPTED this _[INSERT DAY]_ day of ___[INSERT MONTH]____, [INSERT YEAR]

_____[INSERT SIGNATURE]____
_____[INSERT PRINTED NAME/TITLE OF SIGNEE]____

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Model Position Statement Regarding the Harms of Sugar-Sweetened Beverages

Sugar-sweetened beverages (SSBs) (i.e., sugary beverages, sugary drinks) include soda, sweetened fruit drinks, sweetened coffees and teas, and other drinks with added sugars, and are the primary source of added sugars in the American diet. The consumption of SSBs is associated with chronic diseases, such as type 2 diabetes, heart disease, and, tooth decay, and obesity. Many communities are disproportionately affected by chronic diseases that can be caused by SSB consumption. Often, low-income neighborhoods have limited access to nutritious and affordable foods and beverages. Additionally, the beverage industry markets to low-income communities and communities of color. Drinking just one SSB per day increases the risk among children for type 2 diabetes by 26%. Children who consume one or more SSBs a day are 55% more likely to be overweight or obese. In Colorado, almost one third of adults and one in five children drink one or more SSBs every day.

Sugary Drink Consumption and Disparities in Colorado

- Between 2013 – 2015, X% of [NAME OF COUNTY] school-aged children (ages 5-14) were either overweight or obese.
- X% of [NAME OF COUNTY] adults and X% of children ages 1-14 years consume at least one SSB per day.
- X% of [NAME OF COUNTY] adults have overweight or obese status.

[SAMPLE] Sugary Drink Consumption and Disparities in Colorado

- 55.8% of high school students, 29.4% of adults, and 18.9% of children consumed one or more sugary drinks per day.
- 27.7% of children in families with annual incomes less than $25,000 drink one or more sugary drinks per day, compared to 14% of children in families with annual incomes of more than $50,000.
- Among children 1-14 years of age, 29% of African-American and 30% of Hispanic/Latino children are almost twice as likely to consume one or more sugary drinks per day, compared to 15% of non-Hispanic white children.

As an organization, we are concerned about the future of the health of [NAME OF CITY/COUNTY]’s community. To address the rise of obesity and related chronic diseases, supports evidence-based and promising practices that reduce the intake of SSBs among community members.

[NAME OF ORGANIZATION]’s role in reducing SSB consumption:
- [INSERT ACTIVITIES OR STRATEGIES THAT EXEMPLIFY ORGANIZATION’S ROLE]
- [SAMPLE] [NAME OF PUBLIC HEALTH DEPARTMENT] serves to promote, improve and protect the health and well-being of the residents of [NAME OF COUNTY]. We work to reverse the epidemic of childhood obesity and raise awareness of the dangers of sugary drinks.
- [SAMPLE] Disseminate sugary drink educational messaging, such as the Hidden Sugar campaign.
ADOPTED this _[INSERT DAY]_ day of ___[INSERT MONTH]_____, [INSERT YEAR]

_____ [INSERT SIGNATURE]_____
_____ [INSERT PRINTED NAME/TITLE OF SIGNEE]_____

1 Sugar-sweetened beverages: any drink sweetened with any form of added sugar such as brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, lactose, malt syrup, maltose, molasses, raw sugar, or sucrose.


Model Policy: Non-acceptance of In-Kind or Cash Donation from Sugar-Sweetened Beverage Industry

Background Information:
[INSERT WHY IT IS IMPORTANT TO YOUR COMMUNITY, DATA RELEVANT TO YOUR POPULATION, AND HOW IT ALIGNS WITH OTHER HEALTH PRIORITIES, SAMPLE COPY BELOW]

[NAME OF ORGANIZATION] has prioritized healthy beverages as a focus in improving diet [through our work with the regional Healthy Beverage Partnership]. The scientific link between sugary drink consumption and obesity is clear. Researchers have found that drinking just one to two sodas per day increases risk for type 2 diabetes by 26%.¹ Compared to children who drink very few sugary drinks, children who consume one or more sugary drinks per day are 55% more likely to have overweight or obese body mass indices.² Each 8-ounce serving of a sugary drink added to a child’s diet increases his or her risk of obesity by 60%.³ Sugary drinks are also linked to heart disease, an increased risk for heart attacks, metabolic syndrome, and gout.⁴ The consumption of sugary drinks can increase the prevalence of non-alcoholic fatty liver disease.⁵

Sugary Drink Definition, Consumption and Disparities
In Colorado in 2013, 55.8% of high school students, 29.4% of adults, and, 18.9% of children consumed one or more sugary drinks per day.⁶

[INSERT LOCAL DATA AS APPROPRIATE]
- Sugary drinks (a.k.a. sugary beverages, sugar-sweetened beverages) include soda, sweetened fruit drinks, sweetened coffees and teas, and other drinks with added sugars.
- Sugary drinks are the leading source of added sugar in Americans’ diets as well as the single largest contributor to daily caloric intake in the United States.⁷
- [X%] of [NAME OF COUNTY] adults⁸ and [X%] of children ages 1-14 years consume at least one sugary drink per day.⁹
- [X%] of [NAME OF COUNTY] adults have overweight or obese status.¹⁰
- Between 2013 – 2015 19.2% of [NAME OF COUNTY] school-aged children (ages 5-14) were either overweight or obese.⁹
- 55.8% of Coloradan high school students consume some type of sugary drink daily.⁶
- 27.7% of Coloradan children in families with annual incomes less than $25,000 drink one or more sugary drinks per day, compared to 14% of Coloradan children in families with annual incomes of more than $50,000.⁶
- Latino/Hispanic and African-American children 1-14 years in Colorado are almost twice as likely to consume one or more sugary drinks per day, at 30% and 29% respectively versus 15% of non-Hispanic/Latino white children.¹¹
Sugar-Sweetened Beverage Industry Tactics

These disparities in consumption are influenced by many factors. In 2013, the beverage industry reported spending $814 million on marketing sugary drinks and energy drinks, and almost half of that ($380 million) was targeted at adolescents.³ In the same year, African-American children and teens viewed twice as many television advertisements for sugary drinks and energy drinks than their white peers.¹² In 2010, Spanish-speaking preschoolers saw 79% more ads for Coca-Cola and 54% more ads for PowerAde than English-speaking preschoolers.¹³

[PUBLIC HEALTH DEPARTMENT/NAME OF ORGANIZATION’S ROLE]

As a [PUBLIC ENTITY OR INSERT SPECIFIC ENTITY TYPE IF APPLICABLE], [NAME OF ORGANIZATION] must ensure unbiased, evidence-based interventions are implemented to support the public's health. Funding from companies that produce sugary beverages could influence the organization’s ability to implement scientifically sound interventions. Beverage industry-funded studies are four to eight times more likely to show a finding favorable to industry than independently funded studies.¹⁴

[ADD OTHER ALIGNMENT AS APPLICABLE, I.E. COLORADO HEALTHY HOSPITAL COMPACT, OTHER HEAL POLICIES, MISSION OF ORGANIZATION, ETC.]

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⁸ Behavioral Risk Factor Surveillance Survey 2013
⁹ Colorado Child Health Survey 2013-2015 [FOR THESE DATA POINTS CITATIONS WERE LEFT IN FOR ORGANIZATIONS TO KNOW WHERE TO ACCESS LOCAL SPECIFIC DATA TO PLUG INTO TEMPLATE]
¹⁰ Behavioral Risk Factor Surveillance Survey 2013-2015
¹¹ Colorado Child Health Survey 2012-2014
A Resolution Designating That [NAME OF ORGANIZATION] Will Not Accept Any In-Kind Or Cash Donations From the Sugar-Sweetened Beverage Industry For Use By [NAME OF ORGANIZATION]

WHEREAS, [NAME OF ORGANIZATION] has identified improving healthy eating and active living as a key focus area of its [ADD MISSION]; and

WHEREAS, “sugar-sweetened beverage” (SSB) is defined as any beverage intended for human consumption to which one or more caloric sweeteners has been added and that contains at least two calories per fluid ounce. SSBs include but are not limited to all drinks and beverages commonly referred to as “soda,” “pop,” “cola,” “soft drinks,” “sports drinks,” “energy drinks,” “sweetened iced teas,” “juice drinks” or any other common names that are derivations thereof. SSBs do not include any of the following: 1) Any beverage in which milk is the primary ingredient (i.e., the ingredient constituting a greater volume of product than any other); 2) Any beverage for medical use; 3) Any liquid sold for use for weight reduction as a meal replacement; 4) Any product commonly referred to as “infant formula” or “baby formula” or 5) Any alcoholic beverage; and

WHEREAS, a “sugar-sweetened beverage company” refers to a company whose substantial, primary, or sole business is the manufacture and/or sale of a sugar-sweetened beverage (SSB). It does not refer to non-sugar-sweetened beverage company subsidiaries of a conglomerate, the parent of which, or another subsidiary of which, is a SSB company. If a subsidiary does not have, as a substantial, primary or sole business, the manufacture and/or sale of SSB products, it is not considered a sugar-sweetened beverage company for the purposes of this policy; and

WHEREAS, [INSERT MEANINGFUL LOCAL DATA; DATA SOURCES BELOW1,2,3,4,5] the percentage of obese adults in [NAME OF COUNTY] has increased by [X%] over the past decade¹, [X%] of adults eat less than one serving of fruits a day and X% eat less than one serving of vegetables a day², [X%] of adults have been told they have high blood pressure³, [X%] of adults have obese or overweight status³, [X%] of [NAME OF COUNTY] residents have been diagnosed with diabetes⁴, and between 2013 – 2015, [X%] of [NAME OF COUNTY] school-aged children (ages 5-14) were either overweight or obese⁵; and

WHEREAS, poor diet and physical inactivity increase the risk for certain health conditions, including high blood pressure, cardiovascular disease, some cancers, type 2 diabetes, and obesity; and

WHEREAS, cardiovascular disease, diabetes, and cancer are leading causes of death in [NAME OF COUNTY]; these chronic diseases effect some communities more disparately than others, and narrowing these disparities can improve health and reduce health inequity; and

WHEREAS, the consumption of sugar-sweetened beverages is associated with chronic disease and unhealthy weight status; drinking just one sugary drink per day increases a person’s risk for type 2 diabetes by 25%⁶, for childhood obesity by 55%⁷, and for death from heart disease by nearly 33%⁸; and

BUILDING HEALTHY COMMUNITIES TOGETHER
Boulder County Public Health | City and County of Broomfield Public Health and Environment | Denver Environmental Health | Denver Public Health | Jefferson County Public Health | Tri-County Health Department
WHEREAS, from 2009-2014, sugar-sweetened beverage companies spent more than $100 million to defeat public health efforts to reduce sugary drink consumption and in 2009, the food industry spent approximately $1.8 billion annually marketing mainly foods of poor nutritional value to youth; and

WHEREAS, [NAME OF ORGANIZATION] is charged with protecting and promoting health and is committed to implementing unbiased, evidence-informed interventions to increase opportunities for a healthy life in the County of [NAME OF COUNTY].

NOW, THEREFORE, BE IT AGREED ON BY [BOARD OF HEALTH/NAME OF ORGANIZATION] THAT [NAME OF ORGANIZATION]:

• Will not accept any in-kind or cash donations from sugar-sweetened beverage companies as defined above.

ADOPTED this [INSERT DAY] day of [INSERT MONTH], [INSERT YEAR]

[INSERT SIGNATURE]
[INSERT PRINTED NAME/TITLE OF SIGNEE]

¹ Behavioral Risk Factor Surveillance System 2003-2014
² Behavioral Risk Factor Surveillance System 2013
³ Behavioral Risk Factor Surveillance System 2013-2015
⁴ Behavioral Risk Factor Surveillance System 2013-2014
⁵ Colorado Child Health Survey 2013-2015
⁹ Nestle, Marlon. 2015. Soda Politics: Taking on Big Soda (And Winning)
ADMINISTRATIVE POLICY 41
Healthy Meetings

DATE: March 20, 2015

EFFECTIVE DATE: March 20, 2015

REVISION STATUS: New Policy

SCOPE: This policy applies to all meetings and events where Boulder County Public Health (BCPH) employees, interns, and volunteers (i.e. “staff” or “employees”) will be using Boulder County Public Health funding to provide food and beverages to staff, clients, guests, and the public. This policy does not apply to individual client meetings that are held outside of Boulder County offices.

PURPOSE: The purpose of this policy is to foster a culture of health at BCPH to help support staff in making healthy food and beverage choices. The work environment can be a major factor in shaping lifestyle choices made by its staff. This policy will help to create a healthier environment for BCPH staff and guests by ensuring the availability of healthy food and beverage choices at all BCPH meetings and events.

Individuals are faced with food, beverage, and physical activity choices each and every day, both at home and at work; this includes while they are attending meetings and events. Ultimately, it is up to them to choose the type and amount of food and beverages they consume and how physically active they care to be. By assuring the availability of healthy food and beverage options whenever food and/or beverages are provided at BCPH meetings and events, staff will be helping to promote good health and nutrition and support healthy lifestyles of their coworkers, clients, guests, and the community.

BCPH recognizes that:
• People are generally interested in choosing healthier foods and being physically active.
• Heart disease, cancer, and stroke – three of the top five causes of premature death – are largely affected by what people eat and how active they are, which can be influenced by supportive policies in the workplace.
• Foods like vegetables, fruits, whole grains, lower-fat dairy products, leaner meats, and meat alternatives are better choices for supporting good health and preventing many diseases.
• Sugar-sweetened beverages are the largest source for added sugars in the American diet.
• The Centers for Disease Control and Prevention lists healthy food access in the workplace as a key intervention of successful evidence-based workplace health promotion programs.
• In the United States, employees spend an average of 5.5 hours per week in meetings.
Policy:
Whenever any BCPH funds (including grants and contracts funding) will be used to purchase food and/or beverages for any BCPH meetings and events, staff must incorporate the following requirements:

- Include at least one serving of fruits or vegetables.
- Serve whole grain products whenever possible.
- Serve all salad dressings and condiments on the side whenever possible. If it is not possible, ask that salads be lightly dressed.
- Ensure that tap water is available.
- Provide a healthy option (e.g. fresh fruit) whenever you are providing desserts. Sugary desserts can be provided, as long as healthy options are also offered. If possible, cut the sugary dessert servings in half.
- Do NOT purchase any sugar-sweetened drinks. This includes sodas, energy drinks, sport drinks, juices less than 100% fruit juice, and sweetened tea/coffee drinks.
- Choose zero waste options (see “Reference Materials” below).
- It is recommended that staff consider potential dietary restrictions (e.g. vegetarian, vegan, and gluten intolerant) of the meeting participants. Whenever possible, poll the participants in advance of the meeting so you can accommodate their special dietary preferences.

Responsibilities:
BCPH Supervisors:
1. Ensure that your staff complies with the provisions of this policy when purchasing and serving food and/or beverages for BCPH meetings and events.
2. Ensure that your staff is aware of and complies with Boulder County’s zero waste requirements, as outlined in Boulder County Policy XIII.5, Zero Waste & Healthy Menu Meetings and Events. Staff should also know where to access the County’s zero waste resources, which include a healthy caterers list (see “Reference Materials” below).

BCPH Staff:
1. Provide healthy food and beverage choices at all BCPH-funded meetings and events in accordance with the provisions of this policy.
2. Comply with Boulder County’s zero waste requirements for all BCPH meetings and events.

Reference Material:
Boulder County Policy XIII.5, Zero Waste & Healthy Menu Meetings and Events
Boulder County Zero Waste & Healthy Caterers List
CDC Worksite Health ScoreCard Manual (Assessment Tool)
Broomfield Public Health and Environment
Healthy Meeting and Event Policy

Purpose

Broomfield Public Health and Environment (BPHE) is committed to supporting the health and wellbeing of our employees and the people we serve. The work environment can be a major factor in shaping lifestyle choices made by its staff and this policy aims to foster a culture of health and to support staff in making healthy food and beverage choices. This policy will serve to create a healthier work environment for staff and guests by ensuring the availability of healthy food and beverage choices at all internal meetings and community events sponsored by BPHE.

Scope

This policy applies to:

1. All employees of BPHE and all persons completing work on behalf of BPHE (e.g., contractors, students, interns, consultants)
2. All organization-sponsored functions where organization funds are used to purchase food and beverages (e.g., work meetings, celebrations, organization-sponsored parties/events, etc.)

Policy

Staff shall incorporate the following requirements whenever hosting any BPHE meetings and events for which food and/or beverages will be purchased:

- Consider whether you need to provide food at the meeting. (For example, if the meeting is not during a meal-time or less than two hours, food may not be necessary. Consider offering tap water only.)
- Include at least one fruit or vegetable option.
- Serve whole grain foods (e.g., whole wheat pasta, brown rice, whole wheat bread/pitas/tortillas) if available.
- Ask for salad dressings and condiments to be served on the side. If it is not possible, ask that salads be lightly dressed.
- Ensure that tap water is available and served from reusable pitchers.
- Do not serve any sugary drinks (e.g., sodas, energy drinks, sports drinks, juices that are less than 100% fruit juice, flavored milks, or sweetened tea/coffee drinks). Sweeteners may be offered on the side.
- Provide a healthy option (e.g., fresh fruit) whenever you are providing desserts. If possible, cut traditional dessert servings in half.

Approved by: __________________________________

Jason Vahling, Director

Date: __________________________________________

Effective date: 5/1/16 | Revision: 0
Purpose:
The City and County of Denver’s Department of Environmental Health (DEH) is committed to supporting the health and wellbeing of our employees, the people we serve and a sustainable environment. Research indicates that the environments where we live, learn, work and play shapes our ability to consume healthy food and beverages. Work environments can help support a healthy lifestyle and environmentally sustainable choices. This Healthy and Sustainable Meeting and Event Policy supports a culture of health and sustainability for DEH employees, clients, students and guests.

Scope:
This policy will serve to create a healthier and more sustainable work environment for DEH staff and guests by ensuring the availability of healthy food and beverage choices and the use of sustainable practices at all internal meetings and community events sponsored by DEH. This policy applies to:

1. All DEH employees and persons completing work on behalf of the agency (e.g., contractors, students, interns, consultants)
2. All functions where organization funds are used to purchase food and beverages (e.g., work meetings, celebrations, organization-sponsored parties/events, etc.)

Policy:
Consider whether food is needed at the meeting. For example, if the meeting is not during a mealtime or less than two hours, food may not be necessary. Consider only offering tap water.

If food is needed, carefully consider quantities purchased to reduce food waste. Staff shall incorporate the following requirements whenever hosting any DEH meetings and events for which food and/or beverages will be purchased.

Health Criteria
• Include at least one fruit or vegetable option.
• Serve whole grain foods (e.g., whole wheat pasta, brown rice, whole wheat bread/pitas/tortillas) if available. The words “whole grain” or “whole wheat” will be the first item on the ingredient list.
• Ask for salad dressings and other types of condiments to be served on the side.
• Provide fresh fruit as a dessert option. If possible, cut traditional dessert servings in half.

Approved: July 1, 2016
• Do not serve any sugary drinks (e.g., sodas, energy drinks, sports drinks, juices that are less than 100% fruit juice, flavored milks, or sweetened tea/coffee drinks).
• Sweeteners may be offered on the side. **Only offer tap water. Sustainable Criteria**

• Eliminate bottled water.* Ensure tap water is available and served from reusable pitchers. *(Available for check-out in the Community Health Division)*
• Ban individual condiment packets; require vendors to use bulk condiments dispensed into compostable or recyclable portion cups.*
• Provide reusable or recyclable/compostable plates/cups/silverware when possible*
• Recycle all cardboard, mixed paper, aluminum, glass, plastic and co-mingled containers. Provide signage at all bins so attendees know how to recycle. Co-locate recycling bins with all trash bins. *
• Select food vendors or caterers with a commitment to sustainability* (see list of caterers with sustainable practices)
• Provide meeting slides and handouts electronically rather than paper copies*
• Donate left over food instead of throwing it away.

* **Certifiably Green Denver criteria**

Approved: July 1, 2016
HEALTHY MEETING POLICY

PURPOSE

To support a culture of health and wellness for Denver Public Health (DPH) employees, partners, clients and guests.

The physical and social environments of the workplace can have a strong impact on the health behaviors of employees. This policy will help to create a healthier environment for employees and guests at DPH by ensuring availability of healthy food and beverage choices and opportunities for movement at all DPH meetings and events.

As DPH strives to promote health for all Denver citizens, the adoption of a Healthy Meeting Policy provides an example for prioritizing health.

DPH recognizes that:

- Many diseases, including heart disease, type 2 diabetes, cancer and stroke, are largely affected by what people eat and how active they are, which can be influenced by supportive policies in the workplace.
- Foods like vegetables, fruits, whole grains, low-fat dairy products, leaner meats and meat alternatives are better choices for supporting good health and preventing many diseases.
- Sugar-sweetened beverages, including soda, sweetened juice drinks, sweetened coffee and tea drinks, and other drinks with added sugar, are the largest source for added sugars in the American diet.
- Research has found that drinking 1-2 sodas per day increases risk of type 2 diabetes by 26%. Sugar-sweetened beverages are also linked to heart disease, increased risk of heart attack, metabolic syndrome, and fatty liver disease.
- The Centers for Disease Control and Prevention lists healthy food access in the workplace as a key intervention of successful evidence-based workplace health promotion programs.

POLICY

The following requirements must be incorporated:

- Whenever DPH funds (including grants and contracts funding) are used to purchase food and/or beverages for meetings, trainings, and events.
- At meetings held off-site if DPH is funding the food and/or beverages provided.

Although recommended for all gatherings, the following requirements DO NOT apply to potlucks, parties, or events where DPH staff are using personal funds to provide food or beverages.

**Beverages:**
- Ensure water is available. Provide pitchers of tap water when possible; avoid bottled water unless necessary.
- Do not purchase any sugar-sweetened beverages. This includes soda, energy drinks, sports drinks, juices less than 100% juice, and pre-sweetened tea/coffee drinks.
The following beverages are still acceptable: diet soda, 100% juice, unsweetened tea, black coffee (sugar packets and creamer are still permitted), plain milk, other diet/zero calorie beverages, sparkling water, water flavored with fresh fruit.

Food:
- Offer at least one fruit or vegetable option.
- Provide a healthy option (e.g. fresh fruit) whenever you are providing desserts.

Movement:
- Provide a voluntary movement break for attendees during meetings that last more than one hour.
  Include the break on the meeting agenda or discuss at the beginning of the meeting.
- Remind meeting attendees that they are free to stand at any point during the meeting.

Additional Recommendations:*
- Serve whole grain products whenever possible.
- Serve all salad dressings and condiments on the side whenever possible. If it is not possible, ask that salads be lightly dressed.
- If offering sugary desserts, cut servings in half or provide small serving sizes.
- Consider dietary needs and restrictions when choosing food (e.g. vegetarian, allergies)
- Consider a walking meeting when scheduling a meeting with three or less attendees.

*These items are not required; these are additional strategies that can further support healthy practices.

RESPONSIBILITY

Any DPH staff member responsible for purchasing food and/or beverages for a meeting, training or event funded by DPH will ensure that the above guidelines are followed.

Any DPH staff member responsible for planning/hosting a meeting, training or event with food and/or beverages provided will ensure that water is available for attendees.

ATTACHMENTS

Additional materials for implementation support: (all available on DPH SharePoint Site)
A. Healthy Meeting Policy Huddle Sheet
B. List of healthy snack and beverage suggestions
C. Healthy catering options
D. Resources for adding movement into meetings
E. Talking points and resources for communicating policy to partners
F. Additional healthy practices

REFERENCES

A. Center for Science in the Public Interest. http://cspinet.org/nutritionpolicy/healthy-meeting.html

Committee Approving: Core Leadership Committee
Date Approved: 2/19/16
PURPOSE
Jefferson County Public Health (JCPH) is committed to promoting and protecting the health of Jefferson County, Colorado residents across the lifespan through prevention, education and partnerships. Research indicates that the environments where we live, learn, work and play shape our ability to consume healthy food and beverages. Work environments can help support a healthy lifestyle and environmentally sustainable choices.

SCOPE
All JCPH workforce members are required to follow this policy and procedure. This policy applies to:

- On-site or off-site meetings, trainings, and events where JCPH funds (including grants) are used to purchase food and/or beverages. (See JCPH’s Purchasing Policy for purchasing guidelines)
- On-site or off-site functions hosted or led by JCPH where food is donated or sponsored.

Policy Exceptions:
Although the outlined beverage and food guidelines are recommended for all gatherings, the beverage and food guidelines do not apply to potlucks, parties, or events where JCPH workforce members are using personal funds to provide beverages or food.

DEFINITIONS
A. Workforce member: An employee, resident contractor, volunteer, intern, or other person whose conduct, in the performance of work, is under the direct control of JCPH.

B. “Fab Five”: The five key components of this policy which include making water available, not purchasing sugary drinks, adding fruit and vegetable options, incorporating stretch breaks, and reducing waste.

POLICY
It is the policy of JCPH to create a healthier work environment for workforce members and provide an example to guests and partners by ensuring the availability of healthy food and beverage choices, physical activity or stretch breaks, and reducing waste at JCPH meetings. Any JCPH workforce member responsible for leading a meeting or purchasing food and/or beverages for a meeting, training or event funded by JCPH will ensure that the “Fab Five” guidelines are followed (see Procedure). If food and
beverages are not purchased with JCPH funds, workforce members will still ensure that water is available, stretch breaks are included, and steps to reduce waste are taken.

When implementing the policy, workforce members can reference these additional support materials:
- [Healthy Meeting Policy “Fab Five” FAQ Sheet](#)
- [Swappable Items Handout listing healthy menu options](#)
- [Toolkit: including sustainable catering vendors that meet county approval for licensing and food safety, dietary menu needs, potluck sign-up sheets, stretch break ideas, “green meeting” checklist](#)

**PROCEDURE**

JCPH workforce members will follow the “**Fab Five**” guidelines outlined below to adhere to this policy.

**BEVERAGE**

1. **Serve Water at Meetings**
   - Consider whether you need to provide food at the meeting. If the meeting falls in between meal times or is less than two hours, food may not be necessary. Consider offering tap water only.
   - Ensure that tap water is available, either from reusable pitchers or JCPH water filling stations.

2. **Do Not Purchase Sugary Drinks With JCPH Funds**
   - Sugary drinks include sodas, energy and sports drinks, juices less than 100% fruit juice, flavored milks, sweetened tea/coffee drinks, or other drinks with added sugar. Sweeteners may be offered on the side.
   - Great healthy beverage choices include water, water infused with fresh fruit, sparkling water, unsweetened tea, black coffee (sugar packets, creamer on the side), unflavored milk, 100% juice 4-6 oz.

**FOOD**

3. **Always Have A Fruit Or Vegetable Choice When Food Is Served**
   - Provide a healthy option (e.g., fresh fruit) when you provide desserts. If possible, cut dessert servings in half.

**STRETCH BREAKS**

4. **Take A Stretch Break If The Meeting Goes Longer Than An Hour**
   - Provide a short, voluntary non-sitting activity break for meetings that last more than one hour, include break on the agenda and encourage attendees to stand as needed.

**REDUCING WASTE**

5. **Follow Green Meeting Suggestions To Reduce Waste**
   - Use techniques to reduce paper at meetings (e.g., print double-sided, provide slides electronically).
   - Choose reusable or recyclable products when possible in accordance with the JCPH Purchasing Policy
   - Encourage staff to bring reusable water bottles, avoid buying plastic water bottles.
   - Serve meals “buffet style” to limit individual packaging.
Additional Recommendations and Strategies to Further Support Healthy Practices:

- Serve whole grain products whenever possible.
- Serve all salad dressings and condiments on the side, or ask that they be lightly dressed.
- Consider skipping chips and desserts and replace them with items from the swappable list.
- Ask about attendees' dietary needs when choosing food (e.g., vegetarian, allergies).
- Consider a walking meeting when scheduling a meeting with three or less attendees.
- Co-locate recycling bins with trash bins, if not already in place at meeting site.

REFERENCES

- In the United States, employees spend an average of 5.5 hours per week in meetings.\(^1\)
- The Centers for Disease Control and Prevention lists healthy food access in the workplace as a key intervention of successful evidence-based workplace health promotion programs.\(^2\)
- Heart disease, cancer, and stroke – three of the top five causes of premature death – are largely affected by what people eat and how active they are, which can be influenced by supportive policies in the workplace.\(^3\)
- Sugary beverages are the largest source for added sugars in the American diet.\(^4\)
- In the U.S. we consume half a billion bottles of water each week, requiring more than 17 million barrels of oil per year to produce.\(^5\)

\(^1\) Microsoft Office Personal Productivity Challenge (PPC) published 2005 by Microsoft
\(^2\) Centers for Disease Control: Using the Workplace to Improve the Nation’s Health At A Glance 2015
\(^3\) Center for Science in the Public Interest. [http://cspinet.org/nutritionpolicy/healthy-meeting.html](http://cspinet.org/nutritionpolicy/healthy-meeting.html)
## Purpose

To support a culture of wellness for our employees, clients, and guests, Tri-County Health Department (TCHD) has adopted a Healthy Meeting Policy. There is substantial research indicating that our immediate environment shapes our ability to eat healthfully and stay active. By providing opportunities to be active during the workday and including healthy food and beverage choices whenever food and/or beverages are provided at TCHD functions, staff will be helping to support healthy lifestyles for their coworkers, clients, guests, and the community. With the work our employees are doing with external partners, it’s important that we set a good example in our own workplace and practices.

## Scope

This policy applies to all meetings and events where food and beverages are provided to TCHD employees, interns, clients, guests, volunteers and the public. Physical activity and environmental considerations are integral pieces of the policy as well. A Healthy Meetings Toolkit has been developed to aid staff in implementation of this policy.

(A) This policy is applicable across all divisions within TCHD and applies to all staff.

## Policy

### Food and Beverages:

When TCHD funds (including general funds, grants, contracts funding, and Sunshine) are used to purchase food and/or beverages for meetings, trainings, and events, staff must incorporate the following:

1. Consider whether you need to provide food at the meeting.
2. Ensure that tap water is available; avoid bottled water unless necessary.
3. Do not purchase any sugar-sweetened drinks. This includes sodas, energy drinks, sport drinks, juices less than 100% fruit juice, lemonade, and sweetened tea/coffee drinks.
4. Include at least one fruit or vegetable option.
5. Serve whole grain products whenever possible.
6. Serve salad dressings and condiments on the side whenever possible. If it is not possible, ask that salads be lightly dressed.
7. Provide a healthy option (e.g. fresh fruit) whenever you are providing desserts. If possible, cut traditional dessert servings in half.

### Physical Activity:

1. Provide a voluntary activity break for meetings that last more than one hour. Include the activity break on the meeting agenda.
2. Consider a walking meeting when scheduling a meeting with three or less attendees.
3. Avoid scheduling meetings over the lunch hour whenever possible. Encouraging employees to take their lunch break provides both a physical and mental break.
<table>
<thead>
<tr>
<th>Environmental Considerations:</th>
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<tbody>
<tr>
<td>1. Consider whether or not the goals of the meeting can be achieved with a teleconference format.</td>
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<td>2. Reduce the amount of paper at meetings by emailing handouts to attendees prior to the meeting and limiting printed handouts.</td>
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<td>3. Encourage attendees to bring their own utensils and flatware to meetings when food will be provided.</td>
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<th>4.0 Procedure(s)</th>
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<tr>
<td>The success of this policy will depend on the courtesy and the cooperation of staff. Signage posted in each office will clearly convey the policy to the public (such as, “we are a healthy workplace” signs posted in conference rooms). Everyone is responsible for following and helping to enforce the policy. Issues or noncompliance should be brought to the attention of management.</td>
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<th>5.0 Miscellaneous</th>
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<th>6.0 Definitions</th>
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<th>7.0 Forms, Supporting Documents, &amp; References</th>
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<tr>
<td>2-NUT-001a – Healthy Meetings Toolkit</td>
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<tr>
<td>2-NUT-001b – Healthy Meeting Policy FAQs</td>
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<tr>
<td>2-NUT-001c - Healthy Meeting Checklist</td>
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<th>8.0 Policy Authors</th>
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<tbody>
<tr>
<td>Matt Jackson and Leanne Ray</td>
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<th>9.0 Revision History</th>
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This section will track the original effective date and a few brief facts.

<table>
<thead>
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<th>10.0 Policy Support, Contact, and Approvers</th>
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<tr>
<td>Division Director</td>
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<td>HR Division Director</td>
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<tr>
<td>Deputy Director</td>
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<td>Executive Director</td>
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</table>
| Approver #1 | Jill Bonczynski  
Direction, Nutrition | Date |
|------------|---------------------|------|
| Approver #2 | Nancy Allen  
Director, Office of Human Resources | Date |
| Approver #3 | Tom Butts  
Deputy Director | Date |
| Approver #4 | John M. Douglas, Jr., MD  
Executive Director | Date |
Healthy Vending and Concessions

**Goal:** The goal of the City of Northglenn’s HEAL Committee and SmartLiving Committee is to have 100% healthier foods and beverages for our vending and concession stands in all locations available to the public city-wide, over the next 3 years.

**Why:** Based on the City of Northglenn’s Food and Beverage Assessment completed by Tri-County Health Department (TCHD) in August of 2016, it was determined that only 13% of snacks offered were healthy and 29% of beverages offered were healthy. Making these changes could impact approx. 250,000 visits each year and 287 city of Northglenn employees. Within the HEAL resolution (Res No. 14-69), adopted in July, 2014, it states that the City of Northglenn will “encourage nutrition standards for vending machines located in city owned locations” as well as “encourage nutrition standards for food offered at city events, city sponsored meetings, served at city facilities and city concession, and city programs.”

- 36% of all Northglenn 2-20 year olds surveyed are overweight or obese.
- 58% of Colorado adults and a quarter of our children are overweight or obese.
- Nearly 1 in 4 children in Colorado is overweight or obese, putting them at risk for serious health problems.
- Job absenteeism caused by diet-related diseases costs businesses $4.3 billion annually in the U.S.
- According to a 2010 study by the Snack Food Association, about 74% of consumers are trying to eat healthier, with about 65% eating specific foods to lose weight. Sales of healthier snacks are outpacing traditional snack foods by 4 to 11 and contribute to increased sales growth and profits for food companies.
- Join the movement: Local Cities like Golden, Boulder, Westminster, Denver and Lakewood are all implementing or have implemented healthy vending and concessions.

**How:** We would like to begin implementation of healthier vending and concessions in January, 2017 with a 3 year implementation plan. (Appendix A – Implementation Plan)

- 50% of food/drink available must be healthy January 1, 2017
- 75% of food/drink available must be healthy January 1, 2018
- 100% of food/drink\(^1\) available must be healthy January 1, 2019

We also plan on creating a contract with a vending machine company that includes the new policy standards. As well as create a contract with the aquatics supervisor and coordinator including the new policy standards. In their report, TCHD provided guidelines that should be followed for Healthier Vending and Concessions as well as examples of healthier replacement choices for vending and concessions. (Appendix B – Healthy Guidelines for Food and Beverages, Appendix C – Healthier Replacement Choices for Vending Machines).

Approval: [Signature]
James A. Hayes, AICP, City Manager

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\(^1\) 3 years for implementation is provided as a goal timeframe to achieve 100%, but if possible, will occur sooner.

\(^\text{II}\) The one exception to the 100% healthy food vending will be to allow for the sale of ice cream in the summer months.
As doctors and public health leaders, we are concerned about the future of Denver’s children and the growing epidemic of childhood obesity in our city.

**Denver Public Health, based on unbiased, evidence-based research, declares a warning, supported by doctors and scientists, to the residents of Denver: sugary drinks can lead to tooth decay, type II diabetes, obesity, and other preventable illnesses.**

To address this health issue in Denver, Denver Public Health is working to reduce the consumption of sugary drinks through policy, partnerships, systems and environmental changes, as well as through public information educational campaigns.

Read more below to understand the problem, our position and steps we are taking to turn the tide on childhood obesity in Denver.

**Sugar-sweetened beverages (SSBs) are harmful to children’s health**

- Sugar-sweetened beverages are the leading contributor to childhood obesity
  - [Scientific studies](#) show that sugar-sweetened beverages promote weight gain and are the primary sources of added sugar and calories in children’s diets.
  - [One in four](#) of Denver’s children drink at least one soda every day.
  - Drinking one sugar-sweetened beverage per day increases a child’s odds of becoming obese by 60%.
- *For the first time in history*, we are treating children with diseases previously seen only in adults, such as adult-onset diabetes and early heart disease.
  - [Studies](#) directly link this startling trend to the consumption of sugary drinks.
- [Research](#) shows that many parents are not aware of these dangers, and would make different choices about their children’s drinks if they did. There are warning labels on cigarettes and alcohol for this reason; consumers must have the facts at point-of-sale to make informed choices for their families.

**Beverage companies market sugary drinks to vulnerable populations**

- [Studies](#) have shown that beverage companies disproportionately market their sugary drinks to low-income communities that are already hardest hit by health disparities and have the highest rates of obesity, diabetes and heart disease. The consumption of SSBs is increasing rampant inequities, speeding our most vulnerable children toward poor health and shortened life spans.

**Childhood obesity rates in Denver are too high**

- In Denver, [one in three school-aged children](#) are overweight or obese.
- Denver residents prioritized increasing the number of children at a healthy weight in its [Community Health Improvement Plan](#). It is also a [2020 Denver Sustainability goal](#).
Denver Public Health’s Role in Reducing Childhood Obesity Rates

- Denver Public Health serves to promote, improve and protect the health and well-being of the residents of Denver. We work to reverse the epidemic of childhood obesity and raise awareness of the dangers of sugary drinks.
- By advocating for the health and well-being of our community and patients, we are driven by the rules of science and grounded in the principles of social justice.
- Children, their parents and caregivers deserve to know the facts about threats to their health.
- We cannot wait until another generation grows up with poor health and preventable disease.
Background Information
The 2013 Jefferson County Community Health Assessment revealed that chronic diseases such as cardiovascular disease and cancers are the leading causes of death in the county, and that these leading causes of death are linked to five common risk factors, one of which is poor diet. The Jefferson County Community Health Improvement Plan (CHIP) identified increasing healthy eating as one of three focus areas for improving the health of the community, please see www.healthyjeffco.com.

Jefferson County Public Health (JCPH) has prioritized healthy beverages as a focus in improving diet through our work with the regional Healthy Beverage Partnership. The scientific link between sugary drink consumption and obesity is clear. Researchers have found that drinking just one to two sodas per day increases risk for type 2 diabetes by 26%.\(^1\) Compared to children who drink very few sugary drinks, children who consume one or more sugary drinks per day are 55% more likely to have overweight or obese body mass indices.\(^2\) Each 8-ounce serving of a sugary drink added to a child’s diet increases his or her risk of obesity by 60%.\(^3\) Sugary drinks are also linked to heart disease, an increased risk for heart attacks, metabolic syndrome, and gout.\(^4\) The consumption of sugary drinks can increase the prevalence of non-alcoholic fatty liver disease.\(^5\)

Sugary Drink Consumption and Disparities in Jefferson County and Colorado
- Sugary drinks (a.k.a. sugary beverages, sugar-sweetened beverages) include soda, sweetened fruit drinks, sweetened coffees and teas, and other drinks with added sugars
- Sugary drinks are the leading source of added sugar in Americans’ diets as well as the single largest contributor to daily caloric intake in the United States\(^6\)
- 28% of Jefferson County adults\(^7\) and 12.7% of children ages 1-14 years consume at least one sugary drink per day\(^8\)
- 55.7% of Jefferson County adults have overweight or obese status\(^9\)
- Between 2013 – 2015 19.2% of Jefferson County’s school-aged children (ages 5-14) were either overweight or obese\(^8\)
- 55.8% of Coloradan high school students consume some type of sugary drink daily\(^10\)
- 27.7% of children in families with annual incomes less than $25,000 drink one or more sugary drinks per day, compared to 14% of children in families with annual incomes of more than $50,000\(^10\)
- Latino/Hispanic and African-American children 1-14 years in Colorado are almost twice as likely to consume one or more sugary drinks per day, at 30% and 29% respectively versus 15% of non-Hispanic/Latino white children\(^11\)

Sugar-Sweetened Beverage Industry Tactics
These disparities in consumption are influenced by many factors. In 2013, the beverage industry reported spending $814 million on marketing sugary drinks and energy drinks, and almost half of that ($380 million) was targeted at adolescents.\(^3\) In the same year, African-American children and teens saw twice as many television advertisements for sugary drinks and energy drinks than their white peers.\(^12\) In 2010, Spanish-speaking preschoolers saw 79% more ads for Coca-Cola and 54% more ads for Powerade than English-speaking preschoolers.\(^13\)
Public Health’s Role

As a public entity, JCPH must ensure unbiased, evidence-based interventions are implemented to support the public’s health. Funding from companies that produce sugary beverages could influence the agency’s ability to implement scientifically sound interventions. Beverage industry-funded studies are four to eight times more likely to show a finding favorable to industry than independently funded studies.14

As referenced in the Jefferson County Board of Health Resolution in Support of A Workplace Culture of Wellness (January 20, 2015), JCPH already supports the refusal of tobacco industry sponsorship, funding and promotional messaging.

This proposed Resolution aligns with JCPH’s membership in the Healthy Beverage Partnership, JCPH’s healthy meeting policy, and with hospitals participating in the Colorado Healthy Hospital Compact. It also aligns with JCPH’s mission of “promoting and protecting health across the lifespan through prevention, education and partnership.”

5 Nseir W, Nassar F, Assy N. Soft drinks consumption and nonalcoholic fatty liver disease. World J Gastroenterol. 2010 Jun 7; 16(21): 2579-2588
7 Behavioral Risk Factor Surveillance Survey 2013
8 Colorado Child Health Survey 2013-2015
9 Behavioral Risk Factor Surveillance Survey 2013-2015
11 Colorado Child Health Survey 2012-2014
Jefferson County Public Health Resolution Restricting In-Kind and Cash Donation from Sugar-Sweetened Beverage Industry

WHEREAS, Jefferson County Public Health has identified improving healthy eating and active living as a key focus area of its Community Health Improvement Plan (CHIP); and

WHEREAS, “sugar-sweetened beverage” (SSB) is defined as any beverage intended for human consumption to which one or more caloric sweeteners has been added and that contains at least two calories per fluid ounce. SSBs include but are not limited to all drinks and beverages commonly referred to as “soda,” “pop,” “cola,” “soft drinks,” “sports drinks,” “energy drinks,” “sweetened iced teas,” “juice drinks” or any other common names that are derivations thereof. SSBs do not include any of the following: 1) Any beverage in which milk is the primary ingredient (i.e., the ingredient constituting a greater volume of product than any other); 2) Any beverage for medical use; 3) Any liquid sold for use for weight reduction as a meal replacement; 4) Any product commonly referred to as “infant formula” or “baby formula” or 5) Any alcoholic beverage; and

WHEREAS, a “sugar-sweetened beverage company” refers to a company whose substantial, primary, or sole business is the manufacture and/or sale of a sugar-sweetened beverage (SSB). It does not refer to non-sugar-sweetened beverage company subsidiaries of a conglomerate, the parent of which, or another subsidiary of which, is a SSB company. If a subsidiary does not have, as a substantial, primary or sole business, the manufacture and/or sale of SSB products, it is not considered a sugar-sweetened beverage company for the purposes of this policy.

WHEREAS, the percentage of obese adults in Jefferson County has increased by almost half (45.8%) over the past decade, roughly one-third (34.4%) of adults eat less than one serving of fruits a day and 17.4% eat less than one serving of vegetables a day, 23.8% of adults have been told they have high blood pressure, 55.7% of adults have obese or overweight status, 5.6% of Jefferson County residents have been diagnosed with diabetes, and between 2013 – 2015, 19.2% of Jefferson County’s school-aged children (ages 5-14) were either overweight or obese, and

WHEREAS, poor diet and physical inactivity increase the risk for certain health conditions, including high blood pressure, cardiovascular disease, some cancers, type 2 diabetes, and obesity, and

WHEREAS, cardiovascular disease, diabetes, and cancer are leading causes of death in Jefferson County; these chronic diseases effect some communities more disparately than others, and narrowing these disparities can improve health and reduce health inequity; and

WHEREAS, the consumption of sugar-sweetened beverages is associated with chronic disease and unhealthy weight status; drinking just one sugary drink per day increases a person’s risk for type 2 diabetes by 25%, for childhood obesity by 55%, and for death from heart disease by nearly 33%, and

WHEREAS, from 2009-2014, beverage companies spent more than $100 million to defeat public health efforts to reduce sugary drink consumption and in 2009, the food industry spent approximately $1.8 billion annually marketing mainly foods of poor nutritional value to youth, and
WHEREAS, Jefferson County Public Health is charged with protecting and promoting health and is committed to implementing unbiased, evidence-informed interventions to increase opportunities for a healthy life in the County of Jefferson.

NOW, THEREFORE, BE IT AGREED ON BY THE JEFFERSON COUNTY BOARD OF HEALTH THAT JEFFERSON COUNTY PUBLIC HEALTH:

- Will not accept cash donations from sugar-sweetened beverage companies or in-kind sugar-sweetened beverage donations as defined above.
- In-kind donations of healthy beverages from a sugar-sweetened beverage company may be considered dependent on the circumstances, if the donation meets Healthy Beverage Partnership healthy beverage standards (e.g., bottled water in an emergency).
- Purchases for purposes of Jefferson County Public Health events will adhere to the Jefferson County Public Health meeting policy.
- Situations that are not clearly defined by this policy will be brought to Jefferson County Public Health leadership for review and final decision.

ADOPTED this day of August 15, 2017

Signature here

Board of Health, President, Bonnie McNulty

ATTEST:

Clerk to the Board

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2 Behavioral Risk Factor Surveillance System 2003-2014
3 Behavioral Risk Factor Surveillance System 2013
5 Behavioral Risk Factor Surveillance System 2013-2014
6 Colorado Child Health Survey 2013-2015
10 Nestle, Marion. 2015. *Soda Politics: Taking on Big Soda (And Winning)*