Healthy Food and Drink Choices for Staff and Visitors in SA Health Facilities policy

Key Evaluation findings

(Prepared October 2012 and compiled from SA Health site mandatory self reporting data and policy implementation process feedback from the SA Health’s Policy Implementation Statewide Committee)
Key Findings

1. 111 sites reported out of an anticipated total of 120 (93%). All major sites reported apart from 1 major hospital, 1 rehabilitation service, 3 statewide services and 1 Department for Health and Ageing division.

2. Removal of unhealthy (RED Category) food and drinks (refer to Table 1)

- 78% sites indicated that they have completely removed RED category items from meetings, functions and events. A further 15% have almost completed this action.
- 79% sites reported that they have completely removed RED category items from fundraising (including snack boxes), giveaways, prizes and gifts. A further 10% have almost completed this action.
- 62% sites reported they had completely removed RED category items from patient/client education programs. A further 14% have almost completed this action.

Table 1

<table>
<thead>
<tr>
<th>Proportion of sites that have removed unhealthy food and drinks</th>
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</thead>
<tbody>
<tr>
<td>Meetings, functions &amp; events</td>
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<tr>
<td>Fundraising</td>
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<tr>
<td>Patient/client education programs</td>
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</tbody>
</table>

![Bar chart](chart.png)
3. Food Outlet compliance (refer to Tables 2 and 3)

Table 2

<table>
<thead>
<tr>
<th>Proportion of outlets compliant with policy by type</th>
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<tbody>
<tr>
<td>Cafeteria</td>
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<tr>
<td>Percent</td>
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<tr>
<td>100</td>
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</tbody>
</table>

- 76% of all identified food/drink outlets (n=122) including vending machines (41%), cafeterias (29%) and shops (29%) were reported as compliant. (refer to Table 2)
- In addition the analysis showed that:
  - all cafeterias/staff dining rooms were reported as compliant.
  - outlets run by in-house catering management were reported as the most compliant (86%).
  - outlets run by volunteers and external contractors (predominantly shops and vending machines) were reported as the least compliant (57% and 62% respectively). (refer to Table 3)

Table 3

<table>
<thead>
<tr>
<th>Proportion of outlets compliant with policy by who runs the outlet</th>
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<tbody>
<tr>
<td>In-house catering</td>
</tr>
<tr>
<td>Percent</td>
</tr>
<tr>
<td>100</td>
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</tbody>
</table>

- Compliant
4. 29 sites indicated they had made changes to equipment layout (n=9) or purchased new equipment (n=8) to prepare or display healthier foods. Six sites removed equipment (e.g. deep fryers).
5. Marketing to promote healthy choices including point of sale (particularly posters), positional and purchase price strategies are employed by approximately 30% of sites. Most remaining sites indicated marketing strategies were not applicable as only healthy food options were on offer in their site.
6. A total of 27 exemptions across SA Health had been requested since 1 October 2010 and most were for staff/volunteer Christmas parties, end of year functions (27%), hospital auxiliary fundraisers such as an Easter raffle (18%) or a special celebration such as an opening of a new site (18%).
7. Free water is available for staff and volunteers in 99% of sites.
8. 76% sites report having staff that work after hours with the main ways healthy food is supplied to them being through meal orders from kitchen/staff dining room (37%), vending machines (27%) or staff supplying their own (30%).
9. 66% sites have incorporated the policy into induction manuals and processes.
10. 98% sites have promoted the policy to staff.
11. Examples of positive changes that have been well received by staff included that more healthy and tasty options are available, the healthy catering at meetings and free fruit for staff at some sites.
12. Key barriers to policy implementation were largely associated with staff/client culture, attitudes and concerns, resistance of staff or volunteers to comply and difficulties in negotiating with external contractors to comply with the policy.
13. Key policy implementation enablers identified were regular communication to staff, positive staff attitude, engagement with stakeholders and the use of policy resources.
14. 75% of sites have plans or processes in place to sustain the policy including ongoing monitoring/enforcement, staff education and promotion.

**RECOMMENDATIONS:**

Based on the findings it is recommended that ongoing leadership and support be provided at the site and service levels to further complete and sustain policy adoption with a particular focus on:

i) Volunteer or externally run food/drink outlets (including vending machines) to assist sourcing and promotion of healthy food and drink choices.

ii) Healthy food provision at relevant outpatient/client education programs.

iii) Planning for ongoing policy specific monitoring and auditing at the site and food outlet level.

iv) Proactively continuing to embed into:

   a. Systems (e.g.in food provision and management contracts) and processes

   b. Staff culture through:

      ➢ orientation and induction programs/manuals
      ➢ positive policy promotion strategies such as ongoing education, championing of the policy, showcasing of positive achievements and marketing of healthy food/drink choices as part of supporting a healthier environment for staff, volunteers and visitors.
‘Building on the policy successes’

Removal of unhealthy fundraising

The bulk of unhealthy fundraising boxes have now been removed from SA Health sites.

....and replaced with healthier fundraising activities.

Food served at the 2010 Biggest Morning Tea fundraiser (above)
Lower North Health. This event raised $200.
Removal of unhealthy food and drinks in meetings, functions and events

Less of this

……and more of this (also complements the go for 2 and 5 campaign)

Food served at a SA Health Young Professionals Group event in 2010
Healthy catering at programs and educations sessions for community groups

Healthy food served by Adelaide Hills Community Health Service at a group program.

Healthier choices in cafeterias (maximum 20% of items displayed from the RED category)

Healthy food options in the Gilbert Building Café, Women’s & Children’s Hospital
Reduction of the unhealthiest food and drinks and increasing healthier options on offer in cafeterias/kiosks and vending machines

RED category snacks in vending machines reduced to a maximum of 20% displayed.

Healthier vending (maximum 20% of items displayed from the RED category and in least prominent position)