

Leading by Example

Health Region Food and Nutrition Policies

Val Irvine, RD Saskatoon Health Region
Tracy Sanden, RD Regina Qu'Appelle Health Region

Today's Session

- Food Policies
- Health Region Initiatives
- *Support Healthy Eating at Work and Play*

Leading by Example

What is a Food Policy?

- A policy is a course of action that guides *present and future* decisions of an organization.*
- A Food Policy ensures there are healthy food options available to users

Adapted from “Policies in Action”, Ontario heart health resource centre, 2002, p. 6.
Retrieved June '09 from <http://www.hhrc.net/pubs/skills/policies.pdf>

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- Policies create supportive environments
- Policies support healthy lifestyles and *make it easier* to choose healthy food/beverage options



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Who benefits from a food policy?

Employers – decreased health related absenteeism, improved quality of work and improved productivity

Employees – reduced risk and improved management of chronic disease, improved mental status

Families – improved access to healthier foods with the community

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Why is healthy eating important?

- Contributes to overall health and well-being
- Provides energy; helps individuals feel and look better
- Links to the prevention and management of chronic disease



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- SAHO Resolution 2006

“Be it resolved that SAHO encourage and support health regions in their efforts to implement food and nutrition policies thereby making healthy food choices more accessible to clients, staff, volunteers and the general public”

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Health Regions moved forward
at different times
and continue to be
working at different levels

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In Saskatoon, a Food Charter was the initial step, as a declaration of people's right to access healthy food (2007).

Goal: to ensure food served within the Region is healthy and safe, good for the environment and good for the community

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In Saskatoon, Public Health Services passed a Food and Beverage Policy, March 2007

- Creates an environment that supports healthy eating by making healthy foods available
- Ensures safe handling, storage and disposal of food to reduce food borne illness

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Staff Survey - Saskatoon, Public Health Services
Food and Beverage Policy, June 2009:

- 94.3% believe PHS encourages and supports healthy food choices
- 93.3% state making healthy food choices at work is important to them
- 95.5% choose healthy choices when offered

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Regina Qu'Appelle Health Region

3 Key Recommendations:

1. Ensure healthy food options at RQHR operated food services
2. Nutrition content be made available and introduce a colour coded healthy choices labelling system
3. Provide ongoing education to employees

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Moving Beyond Health Regions:

- Supporting other workplaces in our communities
- Supporting recreational facilities in our communities

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Why target work sites?

- Employers have a responsibility to assist employees with their health
- Many people spend 8 hours a day or more at work; often eat at least one meal, and possibly a snack



Work Sites

Makes good business sense

- May contribute to less absenteeism due to illness
- Workplace seen as “employer of choice”



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Why target recreation facilities?

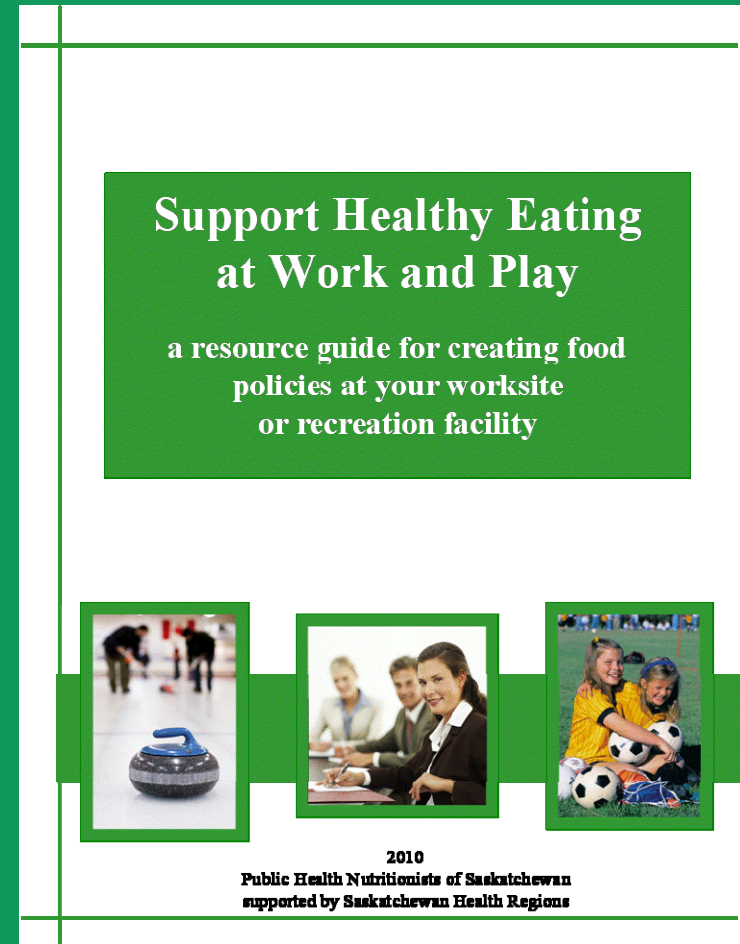
- Many families and youth spend several hours a week at recreation facilities, often having a meal or snack
- Enables individuals and families to make healthy choices within the community setting



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Support Healthy Eating
at Work and Play

A Resource Guide for
creating food policies
at your worksite or
recreation facility



Support Healthy Foods at Work and Play

- Provides “step-by-step” information on developing, implementing and evaluating a policy.
- Includes importance of getting the various stakeholders on board (staff, volunteers, patrons, others)



Support Healthy Foods at Work and Play

Steps:

1. Getting Started

2. Make a Plan / Develop a Policy

3. Evaluation

Support Healthy Foods at Work and Play

Getting Started:

- Form a Team
- Survey your environment

“Tools & Resources” Section
- Sample surveys

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Make a Plan

- Decide what's covered
- Plan stages for a long range plan

“Tools and Resources”

- Sample letters to invite others to participate in policy development and implementation

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Develop a Food Policy



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Communicating the policy

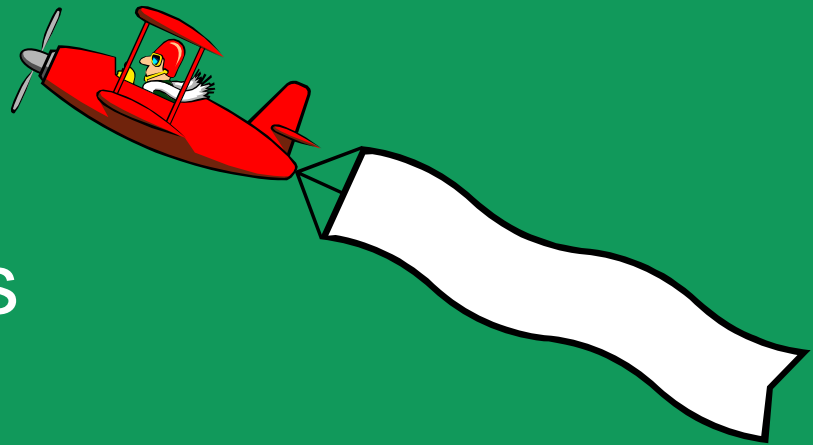
“Tools & Resources” include:

- Sample articles for employee or patron newsletters
- How to deal with resistance



Support Healthy Foods at Work and Play

- Provide samples
- Advertise new menu items
- Offer pricing incentives
- Try new recipes from the resource guide



The Buy 5
Get 1 Free Card
Buy 5 cartons of milk, get 1 free



Support Healthy Foods at Work and Play

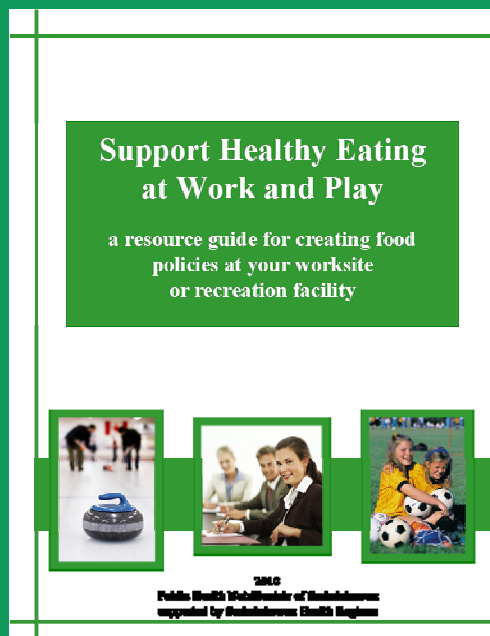
Evaluation:

- Use sample surveys as well as other ideas such as focus groups and comment boxes
- Adjust your plan based on evaluation results

Support Healthy Foods at Work and Play Manual

- Encourages healthy eating within your worksite or community
- Leads to healthy benefits for your employees and families in your community

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Available from Dairy
Farmers of
Saskatchewan

www.dairyfarmers.ca



Questions ? ? ?