



Healthier Vending - HeaVen

Auckland Regional Public Health Service

Rātonga Hauora ā Iwi o Tamaki Makaurau



Working with the people of Auckland, Counties Manukau and Waitemata





Objective

- To implement and evaluate the impact of healthier vending criteria at Waitemata DHB on nutrition, snack sales, and staff satisfaction.



Criteria development

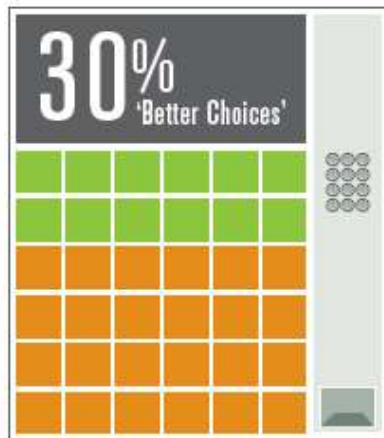
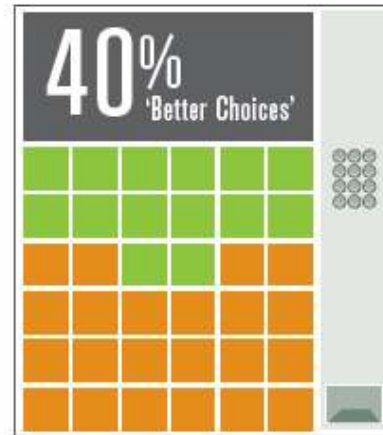
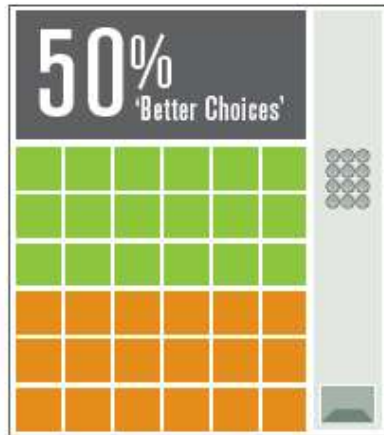
- One set of guidelines regionally
- Focus on energy, saturated fat, sugar, and sodium

	ENERGY	SATURATED FAT	SODIUM
BETTER CHOICES	≤ 800kJ per packet*	≤ 1.5g/100g	≤ 450mg/100g
Excludes confectionery items: i.e. soft / hard lollies, marshmallows, licorice, chocolate, carob or chewing gum. Sugar-free varieties are also excluded.			
OTHER CHOICES	≤ 800kJ per packet	Not restricted	Not restricted

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

MAKING 'BETTER VENDING' WORK FOR YOU

Ideas for promoting the 'Better Choice' items in your vending machine:



- > Place them at eye-level in the machine.
- > Identify 'Better Choice' items with signage / labels.
- > Subsidise 'Better Choice' items, if practical, with profits from 'Other' items.



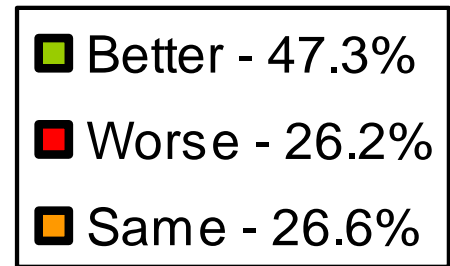
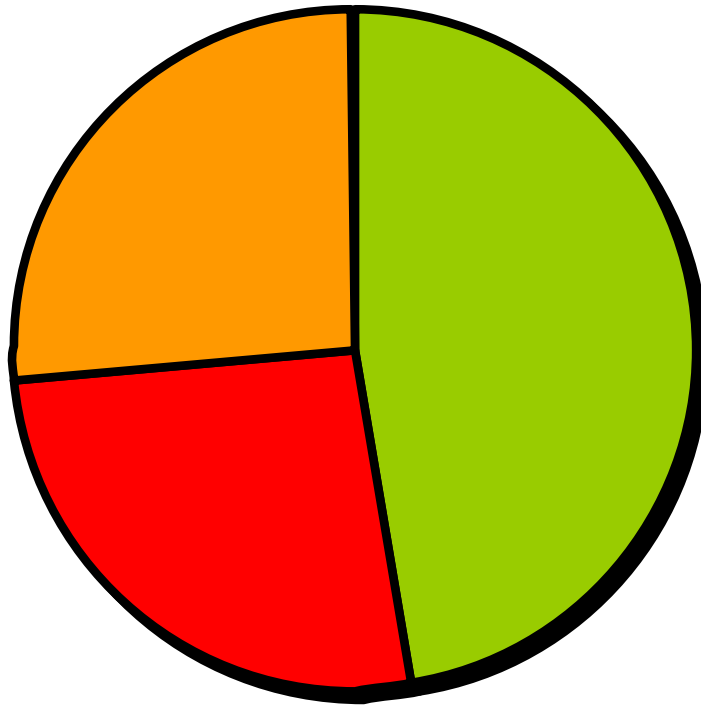




Staff survey results

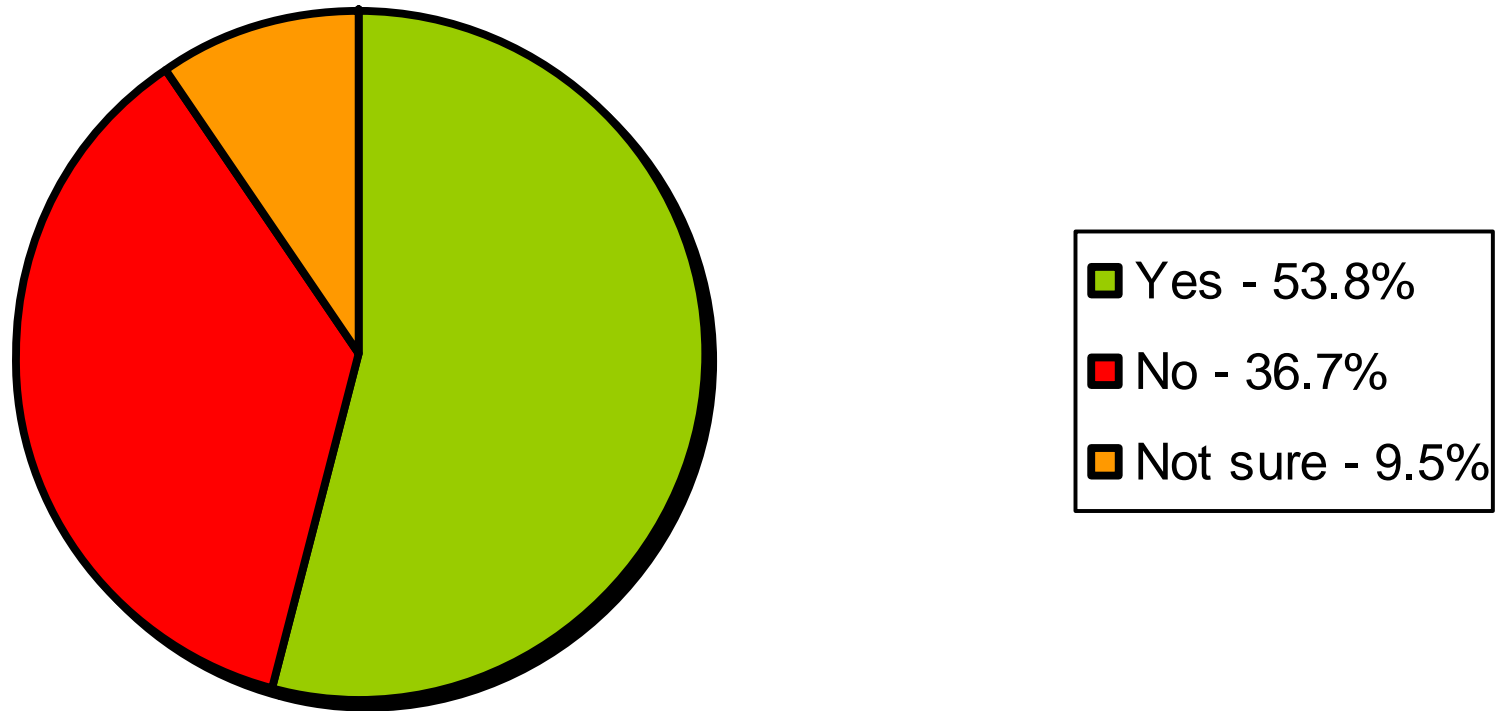
- Infrequently/never use vending machines
 - 84% baseline
 - 85% intervention
- Only one item purchased at a time
 - 84% baseline
 - 85% intervention
- Choose healthier items most of the time
 - 50% baseline
 - 53% intervention
- Somewhat or very satisfied with vending machines
 - 27% baseline
 - 46% intervention

● ● ● | Since the introduction of the healthier vending guidelines is the vending range:

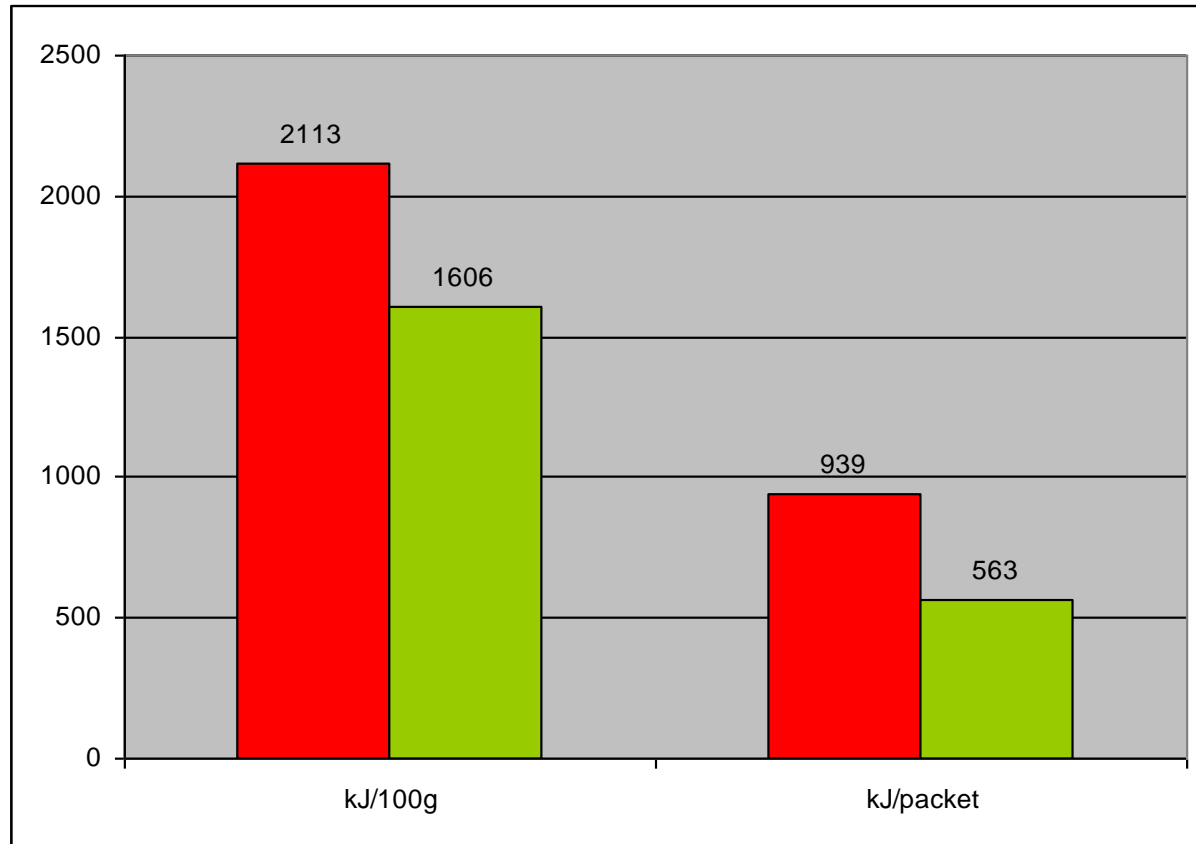


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Have you made changes to snack choices since the guidelines were introduced?



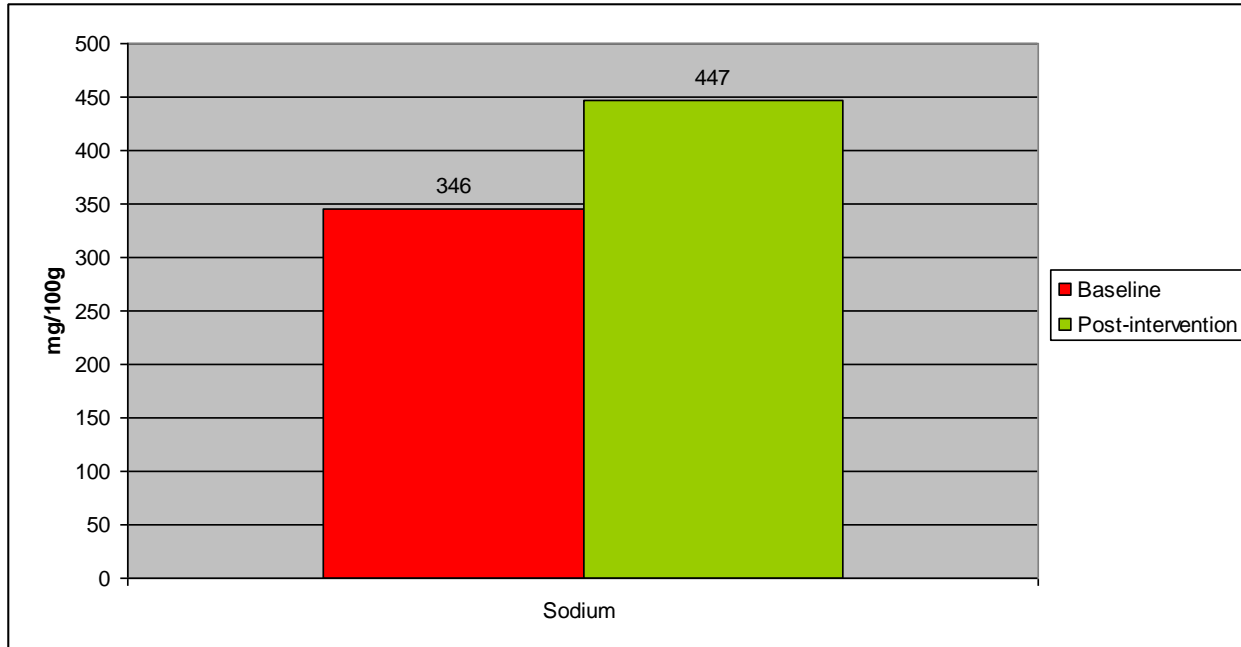
Sales results - Energy



Sales results – Fat and Sugar



Sales results - Sodium





Conclusion

- Over a one year period the introduction of the better vending guidelines at Waitemata DHB would equate to the removal of 12400MJ, 210kg of fat, 220kg sugar from vending machines
- Staff satisfaction with the vending range increased
- Sales were unaffected



Where to from here

- Auckland Regional Public Health Service are using the guidelines as part of the heartbeat challenge, healthy workplace programme
- Guidelines are being used by Progressive Enterprises, Auckland District Health Board, YMCA, BP Oil, Fletcher Aluminium, World Vision and Community Centres
- Encouraging Sports Trusts, Councils to use the guidelines in all facilities