

## *Healthier Food Options for Public Places Fast Facts*

To provide you with the best science and to reduce review time, please find the following science-approved facts for use in your campaigns and materials. After each fact you will also find fast facts based on the science that can be cut and pasted word-for-word without need for additional science review. Please note that any change in wording will result in the need to run your documents through science review before release.

### **About Healthier Food Options for Public Places**

Food procurement is the process of purchasing food to be served or sold in different settings, such as parks, libraries, and public hospitals. Food procurement is the technical term, but generally we use healthier food options for public places (HFOPP), since it is more descriptive, easier for people to understand, and it tested well in public opinion research. HFOPP policies set standards for the food that is available on federal, state, and local government property.

Healthier food options for public places policies include nutrition standards to increase the amount of healthier foods available, like fruits, vegetables, and whole grains, and limit calories, saturated and trans fats, and sodium. In addition, HFOPP policies can encourage consumption of healthier items by making those options more affordable and appealing through reduced prices, making them more visible, and promoting only the items that meet the nutrition standards.

Examples of healthier food options for public places nutrition standards include:

- ▶ [American Heart Association Food and Beverage Toolkit](#)
- ▶ [National Alliance for Nutrition and Activity \(NANA\) Model Beverage and Food Vending Machine Standards](#)
- ▶ [Food Service Guidelines for Federal Facilities](#)

## Healthier Food Options for Public Places

### FACT 1

Food procurement policies can be designed to make healthier food more readily available, affordable, and appealing. These policies can work to change individual factors (e.g., knowledge of how to choose healthy options), social factors (e.g., social norms), and environmental factors (e.g., access to healthy options).

#### **Fast Facts:**

- ▶ Healthier food options for public places policies can support health by increasing access to healthier food and beverages and making those options more affordable and appealing.
- ▶ Policies that set nutrition standards for food purchased make healthier food more accessible and can help people choose those options.
- ▶ Policies that set nutrition standards for food purchased can ensure healthier options become the norm in cafeterias and vending machines throughout public hospitals, parks, senior centers, and other public places.

#### **Source:**

Centers for Disease Control and Prevention. Improving the Food Environment Through Nutrition Standards: A Guide for Government Procurement. U.S. Department of Health and Human Services. February 2011. Available at: <https://cspinet.org/sites/default/files/attachment/dhdspprocurementguide.pdf>.

### FACT 2

Government agencies often procure goods and services for use by employees, students, and community members. Among other things, these agencies buy food to provide meals to people in jails, juvenile facilities, public hospitals, child care centers, schools, and senior programs. Government departments also purchase food to sell to employees and the public in retail outlets, such as vending machines, cafeterias, and concession stands on government property.

#### **Fast Facts:**

- ▶ Government agencies buy food that is served to people in variety of settings—from child care centers, schools, and senior programs to public hospitals, jails, and juvenile facilities.
- ▶ Government employees and the public purchase food sold in cafeterias, vending machines, and concession stands in public places.

#### **Source:**

ChangeLab Solutions and National Policy & Legal Analysis Network to Prevent Childhood Obesity. Understanding Healthy Procurement: Using Government's Purchasing Power to Increase Access to Healthy Food. 2011. Available at: [http://www.changelabsolutions.org/sites/default/files/Understanding%20Healthy%20Procurement%202011\\_20120717.pdf](http://www.changelabsolutions.org/sites/default/files/Understanding%20Healthy%20Procurement%202011_20120717.pdf).

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## Consumer Demand

### FACT 3

Consumers are taking steps to eat more healthful diets. The International Food Information Council's 2017 Food & Health Survey found that in the last year, nearly 90 percent of respondents drank more water and 70 percent opted for low- or no-calorie beverage options, while 60 percent reported cutting back on salt and saturated fat.

#### **Fast Facts:**

- ▶ There is consumer demand for healthier options.
- ▶ Consumers are drinking more water and are selecting low- or no-calorie beverage options.
- ▶ Consumers are cutting back on salt and saturated fat.

#### **Source:**

International Food Information Council Foundation. "2017 Food & Health Survey." Accessed at <http://www.foodinsight.org/2017-food-and-health-survey> on December 8, 2017.

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## Workplace Wellness

### FACT 4

Worksite-based procurement policies provide the opportunity to promote healthier diets among large populations of employees by making stronger connections between national dietary standards and food and beverage environment and procurement policies.

#### **Fast Facts:**

- ▶ Employers have an opportunity to positively impact their employees' health by providing more nutritious food and beverage options.
- ▶ Employers can help their employees live healthier through providing more nutritious food and beverages in cafeterias and vending machines.
- ▶ Having healthier foods and beverages available at work can encourage employees to choose those healthier options.

#### **Source:**

Gardner CD, Whitsel LP, Thorndike AN, et al. Food and beverage environment and procurement policies for healthier work environments. *Nutr Rev.* 2014; 72: 390-410.

## FACT 5

Studies show a strong relationship between the work environment and employee health. Research published in the American Journal of Health Promotion found that improved employee health can benefit the employer through, for example, decreased absenteeism and lower healthcare costs.

### **Fast Facts:**

- ▶ The workplace has an impact on employee health.
- ▶ Creating a healthier work environment benefits employers and employees.
- ▶ Supporting employee health can benefit employers through lower health care costs and staff missing fewer days of work due to illness.
- ▶ Healthier employees go to work more often.
- ▶ Healthier employees miss fewer days of work and have lower health care costs.

### **Source:**

Chapman LS. Meta-evaluation of worksite health promotion economic return studies: 2012 update. Am J Health Promotion. 2012;26:TAHP1-TAHP12. Available at: [http://chapmaninstitute.com/articles/05\\_TAHP\\_26\\_4\\_Meta\\_Evaluation\\_2012.pdf](http://chapmaninstitute.com/articles/05_TAHP_26_4_Meta_Evaluation_2012.pdf).

## FACT 6

With nearly 3 million employees in the federal government, and over 19 million employees working for state or local governments, food service guidelines can have an impact on the food environment and potentially impact the health of millions of government employees.

### **Fast Facts:**

- ▶ There are more than 20 million federal, state, and local government employees, and the food choices available to them at work can have an impact on their health.
- ▶ Policies that set nutrition standards for food purchased by federal, state, and local governments can help create a healthier workplace and impact the health of millions of government employees.

### **Source:**

Willhide RJ. Annual Survey of Public Employment & Payroll Summary Report: 2013. Washington DC: US Census Bureau; 2014. Available at: <https://files.eric.ed.gov/fulltext/ED557956.pdf>.

## FACT 7

With more than 130 million Americans employed across the United States each year, the workplace is a key environment for maintaining the health of the U.S. population through comprehensive worksite wellness programming and the promotion of a culture of health.

### **Fast Facts:**

- ▶ More than 130 million Americans are employed, making the businesses where they work important for promoting health.
- ▶ The workplace provides an opportunity to promote health for the millions of Americans who are employed.

### **Source:**

Carnethon M, Whitsel LP, Franklin BA, et al. Worksite wellness programs for cardiovascular disease prevention: a policy statement from the American Heart Association. Circulation. 2009;120:1725-1741.

## Healthy Meetings

### FACT 8

According to the National Alliance for Nutrition and Activity (NANA), implementing healthy meeting standards helps to create a supportive environment that cultivates a culture of health and helps employees and members to eat well and be active. Healthy meeting standards include offering nutritious food and beverage options, like fruits, vegetables, and whole grains; placing healthier foods and beverages in prominent positions and presenting them in an attractive and appealing way; posting calorie information; providing reasonable portion sizes that are not too large; and offering physical activity opportunities that are relevant to the audience and environment to help people achieve 30 minutes of activity each day.

#### **Fast Facts:**

- ▶ Healthy meeting standards, which include offering healthy food and beverages and opportunities for physical activity, help employees eat better and be active.
- ▶ Setting healthy meeting standards supports employee health by offering healthy food and beverages and opportunities for physical activity.
- ▶ Setting healthy meeting standards creates a healthier workplace by making nutritious foods, like fruits and vegetables, and physical activity more accessible to employees.

#### **Source:**

Healthy Meeting Toolkit. National Alliance for Nutrition and Activity. Web.  
<https://cspinet.org/sites/default/files/attachment/Final%20Healthy%20Meeting%20Toolkit.pdf>

## Healthy Vending

### FACT 9

A 2014 study from the Center for Science in the Public Interest found that vending machines on state and local property, such as parks, recreational facilities, city and town halls, libraries, and public hospitals, were stocked primarily with unhealthy products. A total of 853 vending machines on 260 properties across 37 states were surveyed. Fifty-eight percent of beverages were sugar-sweetened beverages. Candy (32 percent) was the most prevalent item in food vending machines on public property. Only 5 percent of vended foods were healthy options, such as fruits, vegetables, or nuts.

#### **Fast Facts:**

- ▶ One study of over 850 vending machines in public places, like parks and libraries, found that they were stocked primarily with unhealthy products.
- ▶ One study of over 850 vending machines in public places across the country showed that there are very few healthy options.
- ▶ Candy is the most prevalent item in food vending machines in public places across the country, according to one study.

#### **Source:**

Center for Science in the Public Interest. Vending Contradictions: Snack and Beverage Options on Public Property. October 2014. Available at: <https://cspinet.org/sites/default/files/attachment/vendingcontradictions.pdf>

## FACT 10

A 2017 study found that when the number of healthier snack products in vending machines increased, paired with promotional signs, revenue increased by \$1,039 and the number of units sold increased by 460, compared with the year before.

### **Fast Facts:**

- ▶ Vending machine revenue can increase when healthier options are added and signs are posted encouraging those options.
- ▶ One study showed that vending machine revenue increased by over \$1,000 after healthier products were added and there were signs promoting those options.

### **Source:**

Hua SV, Kimmel L, Van Emmenes M, et al. Health promotion and healthier products increase vending purchases: A randomized factorial trial. *J Acad Nutr. Diet.* 2017; 117: 1057-1065.

## FACT 11

Rady Children's Hospital, in San Diego, California, increased the number of healthier beverage options in cafeterias and vending machines, conducted an education campaign, and made healthier beverages more visible. Over the 16-month study, revenue for all drinks remained stable while there was a 36 percent decrease in sales of red (unhealthy) beverages and a 241 percent increase in the sales of green (healthiest) beverages.

### **Fast Facts:**

- ▶ After a California hospital increased healthier beverage options in cafeterias and vending machines, made those items more visible, and implemented an education campaign, sales of the healthiest beverages increased by 241 percent.
- ▶ One hospital saw a decrease in unhealthy beverage sales and a major increase in healthy beverage sales after providing more healthy beverage options in cafeterias and vending machines, making those items more visible, and implementing an education campaign.

### **Source:**

Hartigan P, Patton-Ku D, Fidler C, Boutelle, KN. "Rethink Your Drink Reducing Sugar-Sweetened Beverage Sales in a Children's Hospital." *Health Promotion Practice.* 18(2)238-244. March 1, 2016.  
Accessed at: [http://journals.sagepub.com/doi/abs/10.1177/1524839915625215?url\\_ver=Z39.88-2003&rft\\_id=ori:rid:crossref.org&rft\\_dat=cr\\_pub%3dpubmed](http://journals.sagepub.com/doi/abs/10.1177/1524839915625215?url_ver=Z39.88-2003&rft_id=ori:rid:crossref.org&rft_dat=cr_pub%3dpubmed) on January 2, 2018.

## FACT 12

A 2014 study of healthy vending in Chicago parks showed that 88 percent of park goers were satisfied with healthier vending options.

### **Fast Facts:**

- ▶ The vast majority of people visiting Chicago parks were happy with the healthier options offered in vending machines, according to one study.

### **Source:**

Mason M, Zaganjor H, Bozlak CT, Lammel-Harmon C, Gomez-Feliciano L, Becker AB. Working with community partners to implement and evaluate the Chicago Park District's 100% Healthier Snack Vending Initiative. *Prev Chronic Dis.* 2014; doi: 10.5888/pcd11.140141. Available at: [https://www.cdc.gov/pcd/issues/2014/pdf/14\\_0141.pdf](https://www.cdc.gov/pcd/issues/2014/pdf/14_0141.pdf).

## Correctional and Juvenile Justice Facilities

### FACT 13

According to a study published in the Journal of Correctional Health Care, children living in a juvenile-justice facility may come from environments where good health and optimal nutrition are not promoted or accessible. In addition, the majority of youth entering juvenile facilities have mental, emotional, and physical health concerns that need to be addressed, such as traumatic injuries, hearing and vision problems, dental issues, and sexually transmitted diseases.

#### **Fast Facts:**

- ▶ Youth in juvenile facilities may not have grown up eating healthy.
- ▶ Youth in juvenile facilities may not have had access to healthy foods when they were younger.
- ▶ Youth entering juvenile facilities often have poor health.

#### **Source:**

Keough L, Cobb M, Sinclair T, Beckman D. Trajectory of weight patterns in urban youth throughout their stay in a juvenile justice system. *J Correct Health Care*. 2017; 23:329-335, doi: 10.1177/1078345817716176.

Acoca L, Stephens J, & Van Vleet A. "Health Coverage and Care for Youth in the Juvenile Justice System: The Role of Medicaid and CHIP." The Kaiser Commission on Medicaid and the Uninsured (Issue Brief), May 2014, <https://kaiserfamilyfoundation.files.wordpress.com/2014/05/8591-health-coverage-and-care-for-youth-in-the-juvenile-justice-system.pdf>.

### FACT 14

Incarceration is associated with health risks including overweight and obesity. A study published in the Journal of Correctional Health Care showed youth gained an average of 17.8 pounds during continuous stays in juvenile justice facilities. Weight gain was most rapid during the beginning of incarceration, when youth gained an average of 15.6 pounds during a mean stay of 71 days.

#### **Fast Facts:**

- ▶ A study published in the Journal of Correctional Health Care showed that youth gained an average of nearly 18 pounds after being in a juvenile facility, putting them at a higher risk of developing chronic diseases such as type 2 diabetes and heart disease.
- ▶ Risk of weight gain increases after youth are admitted to juvenile facilities, especially during the first few months, putting them at an even higher risk of developing chronic diseases such as type 2 diabetes and heart disease.
- ▶ During time in juvenile facilities, youth are likely to gain weight, putting them at a higher risk of developing chronic diseases such as type 2 diabetes and heart disease.

#### **Source:**

Keough L, Cobb M, Sinclair T, Beckman D. Trajectory of weight patterns in urban youth throughout their stay in a juvenile justice system. *J Correct Health Care*. 2017; 23:329-335, doi: 10.1177/1078345817716176.

## FACT 15

A report from the U.S. Department of Justice showed that the majority of prisoners (74 percent) and jail inmates (62 percent) were overweight, obese, or morbidly obese. In addition, both prisoners and jail inmates were more likely than the general population to report ever having a chronic condition or infectious disease. High blood pressure was the most common chronic condition reported by prisoners (30 percent) and jail inmates (26 percent). The prevalence of obesity among U.S. adults is 39.8 percent.

### **Fast Facts:**

- ▶ Almost three-quarters of prisoners and two-thirds of jail inmates are overweight or obese. These rates are higher than that of the U.S. adult population as a whole (39.8 percent).
- ▶ Prisoners and jail inmates are more likely to report ever having a chronic condition or infectious disease than the general public.
- ▶ The most common chronic condition for prisoners and jail inmates is high blood pressure.

### **Source:**

Maruschak L, Berzofsky M, Unagst J. "Medical problems of state and federal prisoners and jail inmates, 2011-12." U.S. Department of Justice. Revised Oct 2016. <https://www.bjs.gov/content/pub/pdf/mpsfjii112.pdf>.

Hales CM, Carroll MD, Fryar CD, Ogden CL. "Prevalence of obesity among adults and youth: United States, 2015-2016." NCHS Data Brief. 288; 2017. Available at: <https://www.cdc.gov/nchs/data/databriefs/db288.pdf>.

## FACT 16

A study published in the Journal of Correctional Health Care that examined the nutritional value of meals served in South Carolina prisons found higher levels of cholesterol, sodium, and sugar and lower levels of fiber, magnesium, potassium, vitamin D, and vitamin E than recommended. Another study published in the same journal found similar results at a large county jail in Georgia—sodium, saturated fat, and cholesterol levels were too high, and magnesium, potassium, and vitamins D, E, and A were low. Increasing fruits, vegetables, and whole grains and reducing sodium and sugar in inmate meals may improve health, decrease chronic disease, reduce medical costs, and benefit taxpayers.

### **Fast Facts:**

- ▶ Food served in prison contains too much sodium and cholesterol and not enough vitamins and nutrients, which increases the risk of heart disease.
- ▶ The unhealthy food served in prisons can negatively impact inmate health.
- ▶ Providing more nutritious food in prison can improve health, decrease chronic disease, reduce medical costs, and benefit taxpayers.

### **Source:**

Collins SA, Thompson SH. "What Are We Feeding Our Inmates?" Journal of Correctional Health Care, vol. 18, no. 3, 2012, pp. 210-218., doi: 10.1177/1078345812444875.

Cook EA, Lee YM, White BD, Gropper SS. "The Diet of Inmates: An Analysis of a 28-Day Cycle Menu Used in a Large County Jail in the State of Georgia." Journal of Correctional Health Care, vol. 21, no. 4, 2015, pp. 390-399., doi: 10.1177/1078345815600160.