

Development of the National Healthy Food & Drink Policy for DHBs & Organisations



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National Healthy Food and Drink Environments Network



Better Vending, 2007

In the beginning...

August 2015

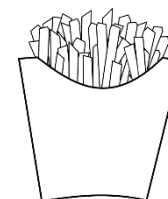
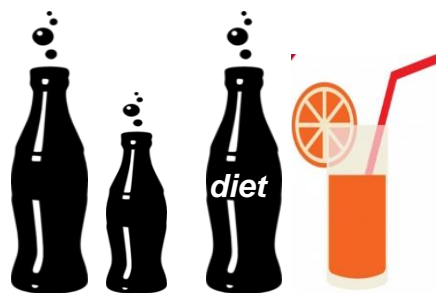
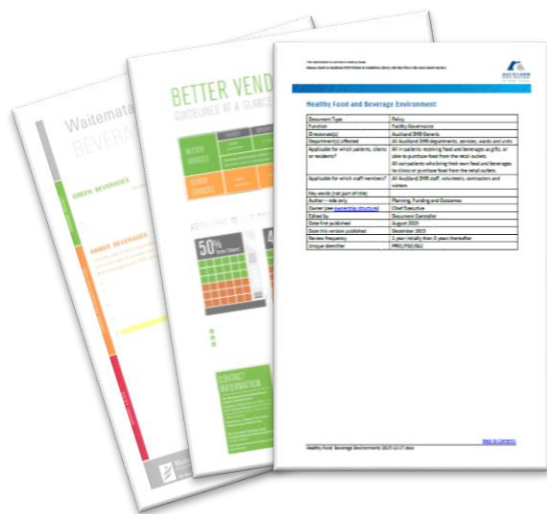


30 September 2015

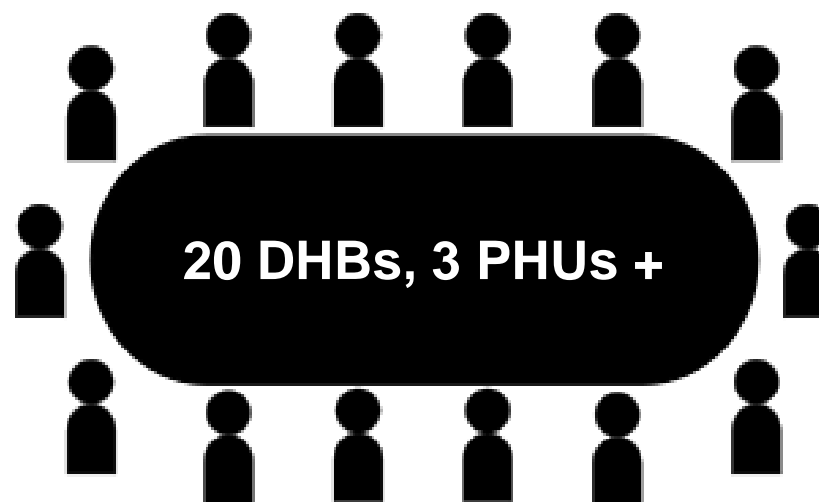


Healthy Food Policy 31 December 2015

20 District Health Boards



National Healthy Food & Drink Environments Network



Our Purpose

Wellbeing

Role model

One criteria

The Principles

National Healthy Food and Drink Policy

Healthy food and drink environments

This policy is to ensure DHBs and their contracted health service providers (with a healthy food and drink contract clause) promote an environment that consistently offers and promotes healthy food and drink options. Refer to the nutrient criteria table (page 9) for greater clarity on how the Policy can be implemented.

Consistent with the *Eating and Activity Guidelines for New Zealand Adults*, messages and practices relating to food and drinks in the DHB will reflect the following principles.

Healthy food and drink policy principles

Offer a variety of healthy foods from the four food groups.

This means:

- plenty of vegetables and fruit
- grain foods, mostly wholegrain and those naturally high in fibre
- some milk and milk products, mostly low and reduced fat
- some legumes, nuts, seeds, fish and other seafood, eggs, poultry (eg. chicken) and/or red meat with the fat removed.

Food should be mostly prepared with or contain minimal saturated fat, salt (sodium) and added sugar, and should be mostly whole or less processed.

This means:

- some foods containing moderate amounts of saturated fat, salt and/or added sugar may be available in small portions (eg. some baked or frozen goods)
- no deep-fried foods
- no or limited confectionery (eg. sweets and chocolate).³

Water and unflavoured milk will be the predominant cold drink options.

This means:

- the availability and portion sizes of drinks containing 'intense' sweeteners,⁴ and no-added-sugar juices, are limited
- no sugar-sweetened drinks.⁵

Healthy food and drink choices (including vegetarian and some vegan items) appropriate to a wide variety of people should be available, with consideration given to cultural preferences, religious beliefs and special dietary requirements such as gluten free.

3 The Network has chosen to adopt a no confectionery policy within DHBs and the Ministry. Confectionery will be phased out over a two-year period.

4 Intense sweeteners (also known as artificial sweeteners) are a type of food additive that provides little or no energy (kilojoules). Intense sweeteners permitted for use in New Zealand include aspartame, sucralose and stevia.

5 Any drink that contains added caloric sweetener, usually sugar. The main categories of sugary drinks include soft drinks/fizzy drinks, sachet mixes, fruit drinks, cordials, flavoured milks, flavoured waters, iced teas/coffees and energy/sports drinks.

1. Offer a **variety** of healthy foods from the **four food groups**
2. Mostly prepared with / contain **minimal saturated fat, salt & added sugar**, and mostly whole / **less processed**
3. **Water & unflavoured milk** will be the predominant cold drink options

The Evidence – and a Journey...



**Achievable changes
Engagement
A JOURNEY**

**Best practice
Alienation**



Nutrient Criteria

≥55%

Dominate

- Vegetables, fruit, wholegrains, legumes, nuts & seeds
- Fish, seafood, eggs, lean poultry & red meat
- Water, unflavoured low fat milk

≤45%

Offer less – and smaller portions

- Bakery items, packaged snacks (HSR ≥ 3.5)
- More processed versions of above (green foods)
- 100% fruit juice, diet drinks, carbonated water

0%

Do not sell

- Sugar sweetened beverages
- Confectionery
- Deep-fried foods

Why should you care?

Role model

an environment that
promotes healthy food
and drink choices

Normalise

healthy choices and
smaller servings

Influence

other community settings
to review their food &
drink environments

Consistent

food & drink criteria for
the food industry

If you want to know more...

www.health.govt.nz/publication/national-healthy-food-and-drink-policy

