Introducing...

DOH’s Nutrition Wellness Policy

Lola H. Irvin, M.Ed.
Manager, Chronic Disease Prevention and Health Promotion Division
Why is a policy needed?

- 56% of Hawaii adults are overweight or obese\(^1\)
- The top 3 causes of death in Hawaii are affected by what we eat (heart disease, cancer, stroke)\(^2\)
- ~3,000 people are employed by DOH
- State employs <10% of Hawaii’s residents
- This is a strategic move to lead the way to a healthier work environment in the state

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1. Hawaii State Nutrition, Physical Activity, and Obesity Profile. Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion.
2. Hawaii Health Data Warehouse; Hawaii State Department of Health, Office of Health Status Monitoring; United States Census, Leading Causes of Death in Hawaii
Nutrition Wellness Policy

What **does** this policy cover?
- Food and beverages purchased with state or federal dollars (DOH-sponsored events)

What **doesn’t** this policy cover?
- Foods or beverages donated by employees
  (but policy *encourages* bringing healthy foods/bevs)
- Foods and beverages sold to individual employees in DOH buildings from a snack shop, cafeteria, or vending machine
Nutrition Wellness Policy

- What **does** this policy require?
  - Healthy options **must** be provided when foods/beverages are served

- What **doesn’t** this policy require?
  - *All* foods/beverages served must be healthy
Nutrition Wellness Policy

Applies to:

- Managers
- DOH employees who purchase food/beverages for meetings or events with state or federal funds
- Contractors, caterers, or other organizations that provide food for these meetings or events
Manager responsibility

- Communicate policy to employees involved in purchasing foods or beverages
- Instruct new employees
- Supervise procurement
- Enforce policy
- Educate employees of correct procedure if policy isn’t followed
Employee responsibility

- Become familiar with and follow the guidance in this policy and supporting documents
- Direct questions to supervisor
- Follow all applicable procurement policies of the state
Policy attachments

- Additional Guidance on Implementing (pgs. 6-8)
  - Expands on policy
  - Page 8 is list of Priority Foods & Beverages

- Meal Planning Guidance for DOH Meetings and Events (pgs. 9-12)
  - Tables broken down by meal, snack, and receptions
Other helpful documents

- CDC - Offering Healthier Options and Physical Activity at Workplace Meetings and Events
- Caterer Guide
- Employee Checklist
Technical assistance

Carolyn Donohoe Mather, MAS, RDN, LD, IBCLC  
Nutritionist, Chronic Disease Prevention and Health Promotion Division  
1250 Punchbowl Street, Room 422  
Honolulu, Hawai‘i 96813  
Email: carolyn.donohoeemather@doh.hawaii.gov  
Phone: (808) 586-4526

Nutrition Wellness Policy and Resources located:
http://health.hawaii.gov/physical-activity-nutrition/home/policy-work/