



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 obese¹
- ▶ 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

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

Tips For Offering Healthier Options and Physical Activity at Workplace Meetings and Events

Easy access to healthier foods, beverages, and physical activity at work encourages healthier lifestyles among employees. Workplace practices and policies that support such access can make it much easier and more convenient for employees to choose healthier foods and engage in physical activity throughout their work day. Below are tips and resources for increasing healthier food and drink options at worksite meetings, parties, conferences, and events and for offering physical activity opportunities for employees throughout the work day.

Consuming a diet rich in nutrient-dense foods and beverages while maintaining a healthy weight through calorie balance and regular physical activity has been shown to contribute to a reduction in overweight and obesity and lower the risk of chronic diseases, including heart disease, some cancers, stroke, and diabetes.^{1,2} In 2011-2012, the prevalence of obesity in the United States was 33.5% among adult men and 36.1% among adult women.³

The Dietary Guidelines for Americans, 2010 and the 2008 Physical Activity Guidelines for Americans



Nutrition Wellness Policy Employee Checklist for Food at Meetings and Catered Events

1. Yes ___ No ___ Water is easily available at the meeting. (Applies to all meetings.)
2. Yes ___ No ___ This is an all-day event. (if no, skip to #3)
 - a. Yes ___ No ___ Only beverages or healthy snack options are offered at mid-morning and mid-afternoon breaks. (See Priority Foods and Beverages list.)
3. Yes ___ No ___ A snack is offered at the meeting. (if no, skip to #4)
 - a. Yes ___ No ___ A fruit or vegetable is offered.
 - b. Yes ___ No ___ A whole-grain product is offered if processed grains are offered.
 - c. Yes ___ No ___ A low-calorie (≤200 Calorie) option is offered.
 - d. Yes ___ No ___ A protein source is offered.
 - e. Yes ___ No ___ Efforts have been made to include cultural foods.
 - f. Yes ___ No ___ Hawaii-grown and organic foods have been requested.
4. Yes ___ No ___ A meal is offered at the meeting. (if no, skip to #5)
 - a. Yes ___ No ___ The meal has low-sodium options.
 - b. Yes ___ No ___ The meal has fat-free or low-fat options.
 - c. Yes ___ No ___ The meal has options with no or low added sugar.
 - d. Yes ___ No ___ A protein source is offered.
 - e. Yes ___ No ___ The meal has a vegetarian option.
 - f. Yes ___ No ___ The meal has small-portion meal options.
 - g. Yes ___ No ___ The meal has small-portion dessert or fruit options.
 - h. Yes ___ No ___ Efforts have been made to include cultural foods.
 - i. Yes ___ No ___ Hawaii-grown and organic foods have been requested.
5. Yes ___ No ___ Opportunities for physical activity are offered at the meeting such as a stretch break at least after every hour of sitting, or walking breaks for longer meetings.

See following pages for examples, notes and best practices.

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.donohoemather@doh.hawaii.gov

Phone: (808) 586-4526

Nutrition Wellness Policy and Resources located:

<http://health.hawaii.gov/physical-activity-nutrition/home/policy-work/>

