

GOULBURN VALLEY HEALTH

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Creating a Healthier GV - Our Vending Machines vs. Healthy Choices Guidelines

Background

Following an organisation wide staff survey and GV Health's commitment to the Workplace Achievement Program, healthy eating was deemed a priority. The initial focus has been vending machines.

Method

Nutritional quality was determined by categorising each vending machine product sold using the traffic light system specified in the Healthy Choices guidelines¹:

- Green (best choices),
- Amber (choose carefully) or
- Red (limit).

The traffic light system was further utilised to examine nutritional quality of products at eye height.

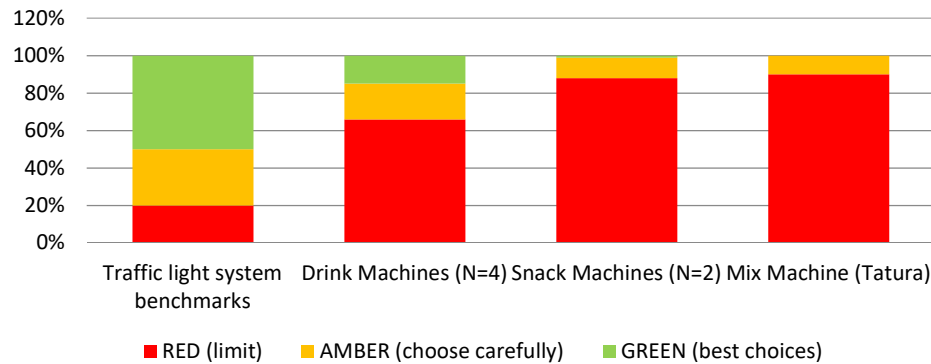


Figure 1. GV Health Vending Machines by type v's Healthy Choices

¹ State of Victoria, Department of Health 2010, *Healthy choices: food and drink guidelines for Victorian public hospitals*, Victorian Government, Melbourne.

Results

All vending machines across GV Health did not meet the recommended benchmarks of < 20% red and >50% green products displayed (Figure 1). Red products represented the largest proportion of products displayed at eye height. For adults, only red products were displayed at eye height in snack machines (Figure 2).

Recommendations

1. Reduce the proportion of red products sold:
 - a. Achieve <50% by end 2017.
 - b. Achieve benchmark < 20% by end 2018.
2. Increase the proportion of green products sold to 50% green products by end 2018.
3. Green products are to be displayed at eye height.



Figure 2. Snack Machines at GV Health. Nutritional quality of eye level display.

