



Thanks for coming to this presentation.

You are probably aware that there is a serious health problem of overweight and obesity facing our community today. In this presentation we'll provide you with some information about this alarming trend and explain the role that Qld health facilities can play in encouraging healthy eating practises.

## Prevalence of unhealthy weight in Queensland



Weight status	Children aged 5 - 17yrs (2006)	Men >18yrs (2006)	Women >18yrs (2006)
Overweight	16%	41%	32%
Obese	5%	22%	19%
<b>TOTAL</b>	<b>21%</b>	<b>63%</b>	<b>51%</b>

The epidemic of unhealthy weight is now a major problem throughout Australia, reflecting a worldwide trend. Levels of overweight and obesity have increased rapidly in Australia over the past 20 years, and are now a major cause of preventable health problems.

Far more people are now overweight or obese than smokers or problem drinkers. Since 1998 there has been about 60% increase in obesity in men and 25% increase in women nationally. In Queensland, a total of 63% of men and 51% women are overweight or obese (2006). These rates are similar to national rates.

Rates of overweight and obesity in children have also risen greatly over the last 20 years. Between 1985 and 1995 almost one-quarter of children were classified as overweight or obese, with the proportion of overweight children doubling and obese children tripling nationally. The rate of increase in childhood overweight and obesity has slowed since 1995, but the need for action in this area is still urgent. In Australia, the Australian Institute of Health and Welfare has estimated that direct health costs attributable to obesity have risen from 2% in 1990 to more than 10% in 2004. Access Economics estimated that the total cost of obesity in 2008 was \$58.2 billion (Access Economics 2008). Clearly we are heading for a crisis in our health and social economic systems unless we tackle the obesity epidemic NOW.

## Contributing factors



- Poor eating patterns
- Physical inactivity, or
- A combination of both

*Obesity is a normal physiological response to an abnormal “obesogenic” environment*

So what factors are contributing to overweight and obesity? Overweight and obesity is generally caused by inappropriate eating patterns, physical inactivity, or a combination of both. The overweight and obesity epidemic is entirely preventable. Research shows that improving diet and increasing physical activity can help prevent, manage and treat obesity, and can help everyone live longer and enjoy better health.

Surveys over the past 20 years show that we are consuming more energy dense foods. For example, between 1985 and 1995 children’s energy intake increased significantly by 15% among boys and 12% among girls, with no change in the actual weight of foods consumed. Most of the increased energy was derived from an increased consumption in cakes, biscuits, pies, pizza, and confectionary, soft drinks, flavoured mineral waters and fruit drinks. As well as increasing energy intake (from food and drink), people are spending more time doing activities that involve little movement, like watching television and playing computer games, travelling in cars, and spending less time playing organised sport and doing other physical activities such as walking or cycling to school. More than half of adult Queenslanders (53 per cent) do enough physical activity to support good health. Although the rates of physical activity in Queensland have improved in recent years, they remain among the worst in the country. It is important to note that obesity is a normal physiological response to an abnormal “obesogenic” environment ie. an environment that promotes excess weight gain.

## Contributing factors



- The “obesogenic” environment
  - Physical environment (food supply)
  - Urban design
  - Social change
  - Economic change
  - Marketing and advertising

Along with individual factors (diet and physical activity levels) there are many environmental factors contributing to the obesogenic environment including urban design (eg. which discourages walking and play), social change (eg. changing work practices, family structures, litigious environment), economic change (eg. increasing disposable income), marketing and advertising.

A focus only on educating people regarding healthy lifestyles to achieve behaviour change is inadequate. Prevention activities and policies must also address those changes to our social, cultural, physical and economic environments that influence and contribute to unhealthy behaviours.

One-third of the Australian food dollar is now spent on foods sourced outside the home. These foods usually contain more fat and sugar than foods prepared at home or those sold in the past. It is important that food outlets provide and promote a wide variety of nutritious foods to create an environment that supports healthier choices.

So how can Queensland Health help create a healthier environment?



## Scope



- *A Better Choice* applies to all situations where foods and/or drinks are supplied to staff and visitors in facilities owned and/or operated by Queensland Health including:
  - Kiosks or cafés
  - Vending machines
  - Catering at meetings, functions or events
  - Fundraising activities, events or prizes
  - Leased Premises within Qld Health facilities (ie. newsagency)

A Better Choice does not apply to hospital patient meals – specialized guidelines have been developed for such meals as inpatients often have specific nutrient needs that differ from the general public.

Also the strategy does not apply to foods and/or drinks staff bring from home ie. birthday cake or where foods and/or drinks are provided by external agencies such as lunch provided at an external conference.

A Better Choice builds on Qld Govt's Smart Choices Healthy Food and Drink Supply Strategy for Qld Schools and goes beyond foods and drinks supplied in kiosks or cafés to also include vending machines, catering provided at meetings or functions, fundraising, or leased premises within Qld Health facilities that may sell foods or drinks ie. newsagency.

So what are better choices?

## Making A Better Choice

**Best choices - GREEN category**

Choose **GREEN** foods and drinks **OFTEN** as they are the most nutritious choices. Enjoy a wide variety of **GREEN** foods and drinks every day because they:

- are excellent sources of important nutrients for good health and wellbeing
- are low in saturated fat and/or added sugar and/or salt
- help avoid an excess energy intake (kilojoules or calories).



# A Better Choice

Foods and drinks have been classified according to nutritional value:

**GREEN – Best choices**  
**AMBER – Choose carefully**  
**RED - Limit**

**Choose carefully - AMBER**

Choose **AMBER** foods and drinks **SOMETIMES** as they are mainly processed and have some sugar, salt and/or fat added to them. These foods and drinks should be selected carefully because they generally:

- have some nutritional value, but can, in large serve sizes, contribute to excess energy intake (kilojoules or calories).



**Limit - RED category**

Choose **RED** foods and drinks **RARELY** as they are not an essential part of a balanced diet. It is recommended that these foods and drinks are only consumed occasionally and in small amounts as they:

- lack nutritional value
- are energy dense and can contribute to excess energy intake (kilojoules or calories)
- are high in added fats, saturated fat, and/or sugar and/or salt.



Queensland Government Eat Well Be Active

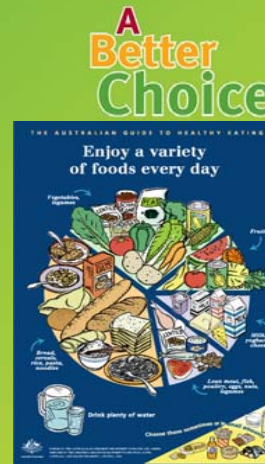
The strategy classified foods and drinks based on their nutritional value and includes 3 categories : GREEN, AMBER and RED.

Recommendations for each category include details on display, promotion and advertising to support the objectives of this strategy.

A Better Choice is primarily about the supply of food and drinks to adults. However due to the special needs of children some additional recommendations apply to paediatric facilities ie. hospitals or clinics.

## The **GREEN** category

- **GREEN** foods and drinks are the best choices
- Actively promote and encourage **GREEN** foods and drinks at all times
- Ensure **GREEN** foods and drinks are displayed in prominent areas



GREEN foods and drinks are the BEST choices and should be encouraged and promoted. These foods and drinks are based on the five food groups as outlined in the Australian Guide To Healthy Eating and the Australian Dietary Guidelines, and include:

- Reduced-fat dairy products such as plain milk, yoghurt and cheese
- All types of breads, wholegrain cereals, rice & pasta
- Fruits – fresh, dried, canned
- Vegetables – fresh, frozen, preferably salt reduced if canned
- Legumes – kidney beans, chick peas, pulses
- Lean meats, poultry, fish and meat alternatives
- Water

These foods are excellent sources of important nutrients for good health and well being. These are the best choices because in general they are:

- Higher in nutrient density
- Low in saturated fat and/or added sugar and/or salt

## The **AMBER** category



- **AMBER** foods are mainly processed foods that have some sugar, salt and/or fat added
- Have some nutritional value but can in large serve contribute to excess energy – avoid large sizes
- Provide healthier options within this category
- **AMBER** foods should not be actively promoted or advertised

Examples of AMBER foods and drinks include:

- Some processed meats such as ham or pastrami
- Flavoured milks (300ml)
- Some savoury commercial products
- Some un-iced, un-filled cakes, muffins or sweet biscuits
- Regular full-fat dairy products such as plain milk, yoghurt and cheese
- Fruit juices (300ml)

Foods and drinks from AMBER should be selected carefully because they:

- Have some nutritional value
- Can in large serve sizes contribute to excess energy
- Can have moderate amounts of saturated fat and/or added sugar and/or salt

As A Better Choice aims to make healthier choices easier choices:

## The **RED** category



- **RED** foods and drinks are not an essential part of a balanced diet and it is recommended that they are only consumed occasionally and in small amounts
- **RED** foods and drinks:
  - lack nutritional value
  - are energy dense
  - are high in added fats and/or sugar and/or salt

Most foods and drinks that make up the RED category are based on those 'extra' foods as defined by Australian Guide To Healthy Eating such as:

- Soft drinks
- All confectionery, lollies and chocolate
- All deep-fried foods
- Some pies, pastries or sausage rolls
- Medium to large serves of many cakes and muffins
- Crisps, potato chips and other similar products

These choices are not an essential part of a balanced diet and it is recommended that these foods and drinks are only consumed occasionally and in small amounts because they generally lack nutritional value, are energy dense and contribute to excess energy intake and are high in added fats, saturated fat, sugar and/or salt.

## The **RED** category



- Limit the availability of these choices to no more than 20% of the foods and drinks displayed
- **RED** foods and drinks are not to be:
  - promoted or advertised
  - displayed in prominent areas
  - stocked in vending machines
  - provided at meetings or events
  - used in fundraising activities or prizes

A Better Choice aims to also reduce the availability and promotion of RED choices to no more than 20% of all foods and drinks displayed. For example, in a bain marie with five trays, a maximum of one full tray may contain RED items under A Better Choice.

Along with restricting the supply of RED items, these foods and drinks are not to be:

- promoted, advertised and placed in prominent areas eg. beside cash registers
- stocked in vending machines
- provided through catering at meetings or events
- used in fundraising activities

## Nutrient criteria



- Developed to identify whether a food or drink fits into the **RED** category
- 3 main groups of foods and drinks to be assessed:
  - Drinks (Table 1)
  - Hot foods and other meal items (Table 2&3)
  - Snacks (Table 4)

Many products may fit into the AMBER category but some will also fit into the RED category. So how do you tell what foods and drinks are in the RED category?

Nutrient criteria were developed to identify whether a food or drink fits into the RED category. There are a total of 9 criteria where each lists a set of nutrients for each type of product that needs to be assessed ie. total energy per serve .

A Better Choice builds on the Qld Government's Smart Choices Healthy Food and Drink Supply Strategy for Qld Schools however some criteria have been tightened to support the intent of A Better Choice re reducing the availability and promotion of less healthy options.

There are 3 main groupings including:

- Drinks (Table 1);
- Hot food & other meal items (Tables 2 – 3);
- Snacks (Table 4).



**Nutrient criteria to identify RED drinks**

**Table 1. Sugar sweetened drinks and teas (serves per serve and per 100ml)**

Category	Nutrient criteria			
	Energy (kilojoules) per serve	Energy (kilojoules) per 100ml	Sodium (mg) per serve	Sodium (mg) per 100ml
Sugar sweetened drinks and teas	<3000kJ	<500kJ	<100mg	<100mg

Note: 1 serve = 250ml. 100ml = 100g. 100g = 100ml.

**Nutrient criteria to identify RED foods**

**Table 2. Hot food and other solid items (serves per serve)**

Category	Energy (kilojoules) per 100g	Nutrient criteria		
		Saturated fat (g) per 100g	Sodium (mg) per 100g	Monosodium glutamate (mg) per 100g
"Battered" potatoes and chips, fritters, hash browns, onion bread, potato products	<1000kJ	>5g	>400mg	>200mg
"Coated" and coated foods, fried items, and deep-fried	<1000kJ	>5g	>400mg	>200mg
Processed cold lunches and cold meats	<1000kJ	>5g	>400mg	>200mg

**Table 3. Ready to eat meals (serves per serve and per 100g)**

Category	Energy (kilojoules) per 100g	Nutrient criteria			Serves per 100g
		Saturated fat (g) per 100g	Sodium (mg) per 100g	Monosodium glutamate (mg) per 100g	
Commercial, frozen or freshly prepared meals in hot trays, mixed hot food or plated dishes	<2500kJ	>5g	>200mg	>100mg	>7g

**Nutrient criteria to identify RED snacks**

**Table 4. Snack foods (serves per serve and/or per 100g)**

Category	Energy (kilojoules) per 100g	Nutrient criteria			
		Energy (kilojoules) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g	Serves per 100g
"Battered" french fries and biscuits	<1000kJ	>1000kJ	>5g	>200mg	>7g
Chips, hash browns, onion bread, fritters and fritter-like items	<1000kJ	>1000kJ	>5g	>200mg	>7g
Commercial, frozen or freshly prepared meals in hot trays, mixed hot food or plated dishes	<1000kJ	>5g	>200mg	>100mg	>7g
Commercial and pre-packaged products	<1000kJ	>5g	>200mg	>100mg	>7g

Note: 1 serve = 250ml. 100ml = 100g. 100g = 100ml.

All deep-fried foods and confectionery are considered **RED** choices and should automatically be placed into the **RED** category

Within some tables there are a number of foods and/or drinks sub-categories eg. the snacks table includes four groups of products.

The characteristics of each group have been considered in developing these criteria. For example snack foods bars and biscuits are assessed per serve. The 'per serve' measure is provided for ease of use. It applies to those products that are generally pre-packaged into individual serves. Large serve sizes and excess intake of energy have been addressed by limiting the energy content per serve sold and per 100g in some cases.

All deep-fried foods and confectionery do not need to be assess as they are automatically considered RED choices because they have limited nutritional value.

In paediatric facilities (ie. hospitals or clinics) all soft drinks, energy and sports drinks are also automatically considered RED choices due to caffeine and/or oral health issues re dental erosion.

## How to determine if a food or drink fits into the RED category



- What category?
- What table? ■
- Assess by per 100g and/or per serve?
- Nutrients of concern
- Compare labels against nutrient criteria

This slide shows the key steps in determining whether a food fits into the RED category.

First determine whether the product fits into ie. GREEN, AMBER or RED. A food and drink guide has been provided in the strategy document which rates the most likely category a product belongs to, to assist with this process. If the product is listed as AMBER and RED in this guide you will need to assess these items against the nutrient criteria.

Next look at the criteria tables 1-4. Determine which table you need to use based on the sub-categories within each table.

Then using the Nutrition Information Panel determine two things:

- Do I need to look at the per 100g column and/or the per serve column?
- What are the nutrients I need to focus on?

Then compare the values on the label with those in the relevant nutrient criteria table.

## Reading labels – cereal bar



Servings per package: 1 Average serving size: 37g (1 bar)		
	Quantity per serve	Quantity per 100g
ENERGY	517kJ	1396kJ
PROTEIN	1.4g	3.7g
FAT		
-Total	1.2g	3.2g
- Saturated	0.5g	1.4g
CARBOHYDRATE		
- Total	25.6g	69.1g
- Sugar	15.8g	42.7g
SODIUM	56mg	150mg
FIBRE	1.9g	5.0g

This is a label from a cereal bar.

Using the food and drink guide (pg 36) cereal-based bars are most likely to be in either AMBER or RED thus this product will need to be assessed against the nutrient criteria.

Cereal bars fall into the snack food bars, muesli bars and sweet biscuits snack food sub-group in Table 4 (pg 19) of the nutrient criteria.

These items are assessed **per serve** so you would look at the **per serve column** of the nutrition information panel (see the pink highlighted cell) for those nutrients of concern including energy, saturated fat and fibre (see the yellow highlighted cells).

## Reading labels – cereal bar



Category	Energy (kJ) per serve	Saturated fat (g) per serve	Fibre (g) per serve
Snack food bars, muesli bars & sweet biscuits	> 600kJ	>3g	<1g
Cereal bar	517kJ	0.5g	1.9g

Now compare the energy, saturated fat and fibre figures against the values in Table 4.

In this example all of the values are within the nutrient criteria for snack food bars ie. the bar contains less than 600kJ energy per serve, less than 3g saturated fat per serve and greater than 1g fibre per serve.

So this cereal bar fits into the AMBER category.

## Getting started



1. Consider a planning committee
2. Assess the current situation
3. Classify menu items


Moving to A Better Choice will involve a number of changes to the way these outlets operate and the types of foods and drinks supplied. The overall strategy aims to increase healthy options to at least 80% foods and drinks displayed and reduce less healthy options to 20% foods and drinks displayed. So where do you start?

To help manage this process sites may first wish to consider forming a planning committee that can contribute advice and assist with implementing these changes. Such a committee may involve representatives including:

- Food outlet convenor or manager
- Chef or key food preparation personnel
- Supervisor or shift coordinator
- Dietitian or nutritionist
- Other Qld Health staff ie. Nurses, Purchasing officers, Administration staff etc
- Public Affairs officer (if available)

The next step is to consider assessing the current situation. It may be useful to draft a diagram of the outlet floor plan. This may help identify which products are displayed together ie. Hot foods in a bain marie, snack stands and cold drinks.

Then classify menu items for each group separately. Start by collecting information on menu items ie. note ingredients and cooking techniques, workflow in preparation, contact suppliers to access nutritional information on packaged items etc. Then for each group classify which category products belong to ie. GREEN, AMBER or RED using the food and drink guide and relevant nutrient criteria.




Door 1	Door 2
Soft drink	Sports drinks
Soft drink	Sports drinks
Soft drink	Diet soft drink
Water	Fruit juice
Water	Flavoured milk

Take this drinks fridge for example.

To assess the current situation, first collect information on the types of drinks sold and how they are displayed. The diagram illustrates the type and volume of products available before changes are made as well as how they are displayed ie. Fridge has two doors with five shelves in each so there is a total of 10 shelves.

Then determine what category the drink fits into ie. GREEN, AMBER or RED using the food and drink guide and nutrient criteria table 1.



Door 1	Door 2
Soft drink	Sports drinks
Soft drink	Sports drinks
Soft drink	Diet soft drink
Water	Fruit juice
Water	Flavoured milk

As you can see there is a mixture of drinks from GREEN, AMBER and RED category.

## Getting started



4. Determine the proportion of products available



The next step is to then assess the proportion of products displayed from GREEN, AMBER and RED. Again look at each group of menu items displayed separately. Use a diagram and work out how items are displayed ie. in the example drinks fridge there are two doors and each side contains five shelves thus there are 10 shelves in total.

Then determine the number of shelves that contain GREEN, AMBER and RED items from the overall total number of shelves.

Door 1	Door 2
Soft drink	Sports drinks
Soft drink	Sports drinks
Soft drink	Diet soft drink
Water	Fruit juice
Water	Flavoured milk

**A Better Choice**

GREEN = 20%  
 AMBER = 30%  
 RED = 50%

In its current state this fridge has 2 shelves of GREEN, 3 shelves of AMBER and 5 shelves of RED drinks. Let's start with GREEN options - of the 10 shelves available this represents 20% of all the drinks displayed ie.  $2 \text{ shelves} / 10 \text{ shelves} \times 100\% = 20\%$ .

Applying the same approach, 30% drinks displayed are from the AMBER category and remaining 50% drinks displayed are from the RED category.

A number of changes are required in order to meet the aims of the strategy ie. 80% of drinks displayed are from the GREEN and/or AMBER category.

So where do you start?

## Getting started



### 5. Develop alternatives

- Determine products to be phased out or reduced
- Identify alternatives to be trialled
- Timing
- Promotional ideas
- Feedback from customers
- Final menu selection

Once you have assessed the proportion of products displayed it is time to develop alternate products and changes required to meet the strategy.

Start by determining the number of shelves required to ensure that 80% items are GREEN and/or AMBER choices. Then identify what alternate products that you aim to phase in, which products to phase out or reduce, timeframes to introduce and promote these changes, and what items will become part of the final menu.

Back to the drinks example.

## Developing alternatives



Products to phase out or reduce	<ul style="list-style-type: none"><li>• Soft drink</li><li>• Sports drinks</li></ul>
Alternatives	<ul style="list-style-type: none"><li>• Increase diet soft drink range</li><li>• Trial flavoured waters and plain milk</li></ul>
Timing	<ul style="list-style-type: none"><li>• Reduce soft drinks, increase diet ranges and introduce flavoured waters by end of January (2 months)</li><li>• Reduce sports drinks, introduce plain milk by end February (1 month)</li><li>• Finalise drinks menu and changes by March</li></ul>
Promotional ideas	<ul style="list-style-type: none"><li>• Offer taste test for new flavoured waters</li><li>• Special lunch deal with plain milk or plain water</li></ul>
Feedback	
Final menu selection	

In this fridge with 10 shelves, 8 shelves would need to contain GREEN and AMBER drinks (80%). If we look at the RED category, a maximum of 2 full shelves (20%) can contain RED drinks.

The next step is to determine what RED drinks will remain, what GREEN or AMBER drinks will be increased and/or what new options may be considered to increase the range of GREEN and AMBER choices.

This slide illustrates how to work through this process and possible options. Trialing new products with customers may help you gain input on which options are preferred as well as determine ways to promote new GREEN options.

Door 1	Door 2
Water	Water
Flavoured water	Plain milk
Diet soft drink	Flavoured milk
Diet soft drink	Fruit juice
Soft drink	Sports drinks

**A Better Choice**

GREEN = 30%  
 AMBER = 50%  
 RED = 20%

This slide illustrates the proposed changes that comply with 80:20 ratio as well as other strategy recommendations regarding promotion.

For example:

- five shelves of RED drinks have been reduced to 2 shelves where both RED choices are still offered but in reduced amounts;
- RED choices have been moved towards the lower part in the fridge;
- AMBER choices have been increased to 5 shelves (50%) with an extra shelf of diet soft drinks and flavoured water to be trialed;
- GREEN choices have been increased to 3 shelves (30%) where plain milk will be trialed as a new GREEN option;
- GREEN drinks have been placed on prominent shelves to promote these products.

As you can see there is no limit on the amount of AMBER products that can be displayed however we would encourage increasing the range of GREEN options over time.

## Getting started



### 6. Develop an action plan

- Prioritise issues
- Explore options
- Select preferred option
- Identify strategies
- Set time lines
- Assign people
- Record the outcome

Once the remaining groups of products (eg. bain marie, snack stand, ice-cream cabinet etc) within the food outlet have been assessed consider drafting an overall action plan for the outlet. This plan may help monitor progress towards implementing A Better Choice.

In addition to reviewing the types of foods and drinks available the successful implementation of the strategy also involves addressing a number of other areas that may require improvements eg. promoting healthier choices, ensure staff have appropriate training in food safety, workflow management etc. Take note of the overall priorities and issues in planning changes.

Explore the range of possible solutions and determine one or more preferred options eg. preparing more fresh food is found to be too time consuming thus potential options may include purchasing ready-to-eat products, purchasing salad ingredients that are already washed and cut, reorganising workflow to increase efficiency of preparation.

Identify strategies that will be used to implement these options and set time lines for each. Note to allocate timeframes to what is achievable in short term and those changes that may require more time to establish realistic timelines. Finally determine who will be responsible for changes and note outcomes.

## Tools & support



- Materials
- Implementation workshop
- A Better Choice Website (for internal Queensland Health staff)  
<http://qheps.health.qld.gov.au/abetterchoice/>
- On-line A Better Choice Website (for external groups)  
[http://www.health.qld.gov.au/health\\_professionals/food/default.a](http://www.health.qld.gov.au/health_professionals/food/default.a)

There are a number of tools that have been developed to assist facilities with making changes. Materials include:

- Strategy document – which contains recommendations, criteria, & food and drink guide tables
- Promotional poster and brochure
- Fact sheets (available on QHEPS)

Additional materials are to be developed in collaboration with food industry groups which will include point of sale materials as well as a tool kit which will provide additional information regarding promoting healthier choices and managing changes to foods and drinks supplied.

Implementation workshops are also under development to assist facilities with applying the strategy using the concepts discussed today. The workshops are anticipated to occur early in the new year. Once finalised details and venues will be placed on QHPES and communicated to all districts.

A QHEPS website has been developed for the strategy which contains frequently asked questions, fact sheets outlining how to apply the strategy, information for leased premises as well as a new section for updates. The site is located on Queensland Health's <http://qheps.health.qld.gov.au/abetterchoice/>

## Tools & support

- Catering guidelines
- Communication tools ■
- District contacts



Catering guidelines have also been developed to compliment the strategy. These guidelines are based on the strategies principles and their use is mandatory where foods and drinks are paid for by Qld Health for staff and visitors.

The guidelines outline what foods and drinks are recommended and those that should be limited depending on the audience and particular meal ie. morning tea, lunch and afternoon tea. If catering is paid for by Qld Health, RED foods and drinks are not to be supplied.

The catering guidelines do not apply to instances where foods and/or drinks are paid for by external agencies eg. lunch provided to Qld Health staff at an external conference. Qld Health encourages the provision of nutritious options where possible. The Qld Health policy for “Business Conferences and Meetings Organised by Qld Health” has been updated to reflect these guidelines and the overall strategy. Copies of the guidelines and policy can be downloaded and printed from the A Better Choice website.

A large component of the strategy is around the promotion of healthier options and a number of materials have been developed to assist with local activities including:

- Promotion materials
- Communication plan
- Templates for flyers and communiqués
- Presentation for key personnel

Additional activities are planned to be developed during the introductory phase.

Support is also available through local district contacts that have been identified in each Health Service District to provide advice on the



Healthy Food & Drink Supply Strategy for Queensland Health Facilities

**Further information:**

Visit *A Better Choice* website

- Internal Queensland Health staff:

<http://qheps.health.qld.gov.au/abetterchoice/>

- On-line:

[http://www.health.qld.gov.au/health\\_professionals/food/default.as](http://www.health.qld.gov.au/health_professionals/food/default.as)

Email:

[abetterchoice@health.qld.gov.au](mailto:abetterchoice@health.qld.gov.au)

For additional copies of strategy materials contact:

Qld Health Publications ph: 3234 1053

For more information on the strategy visit QHEPS or if you have a specific question email [abetterchoice@health.qld.gov.au](mailto:abetterchoice@health.qld.gov.au).

Thank-you for your time.