

Health Service Directive

Directive # QH-HSD-049:2019
Effective Date: 01 July 2019
Review Date: 30 June 2022
Supersedes: Nil

Healthier Drinks at Healthcare Facilities

Purpose

This Health Service Directive directs Hospital and Health Services to ensure that any drinks sold, provided, promoted and advertised at their facilities are only healthier drinks. This will establish Hospital and Health Services as places where patients, staff and visitors are supported to make choices that promote health and wellbeing.

Scope

This Health Service Directive applies to all Hospital and Health Services.

This Health Service Directive does not apply to:

- In-patient, residential and aged-care meals; and
- Drinks that patients, staff and visitors bring from outside the facility for their own personal consumption.

Principles

- *Leadership* – healthcare providers have a responsibility to lead the way in modelling environments that support healthier choices.
- *Quality* – to support the delivery of health services that promote health and wellbeing.
- *Consistency* – consistency in the sale, provision, promotion and advertising of healthier drinks across Hospital and Health Services.
- *Alignment* – with the Australian Dietary Guidelines that recommend drinking plenty of water, and limiting intake of drinks containing added sugars such as soft drinks, cordials, fruit drinks, vitamin waters, energy and sports drinks.

Outcomes

A consistent approach to the sale, provision, promotion and advertising of healthier drinks in Queensland Hospital and Health Services will be adopted and maintained. This will contribute to delivering Queensland Health's leadership role in keeping Queenslanders healthy.

Mandatory requirements

Hospital and Health Services shall ensure that:

- There is no sale, provision, promotion and advertising of unhealthy drinks, classified as **RED Drinks** (refer to Table 1), at any outlet or through catering and fundraising activities. This includes:
 - Drinks with added sugar, cream, ice-cream, sorbet, gelato or confectionary; and
 - Larger serving sizes of juices, flavoured milks, milk-based drinks, hot drinks, and artificially sweetened drinks.
- Any drinks for sale, provided, promoted and advertised at any outlet or through catering and fundraising activities must be healthier drinks.
- Artificially sweetened drinks do not comprise more than 20% of drinks displayed for sale at any outlet.
- Free drinking water is readily available, promoted and accessible in healthcare facilities, wherever drinks are sold or provided.
- Water is promoted as the drink of choice for sale at any outlet.
- Alcoholic drinks are restricted in supply, or not supplied at all.
- Monitoring of compliance of these requirements is undertaken at least annually, as at 1 December, and reported to the Department of Health by 31 December each year.

NOTE: Definition of terms used in this Directive are detailed on pages 5-7.

Table 1: RED Drinks Classification

RED Drinks	Details of drinks which cannot be sold, provided, promoted and advertised
Soft drinks	<ul style="list-style-type: none"> • Soft drinks and carbonated drinks with added sugar: <ul style="list-style-type: none"> ○ Includes bottled, canned, post-mix and frozen varieties
Artificially sweetened drinks	<ul style="list-style-type: none"> • Drinks (except milk-based drinks) with added non-nutritive sweeteners from artificial or natural sources: <ul style="list-style-type: none"> ○ Serving size more than 600mL • Drinks with added sugar, regardless of serving size
Cordials and Iced teas	<ul style="list-style-type: none"> • Cordials and iced teas with added sugar: <ul style="list-style-type: none"> ○ Includes post-mix and frozen varieties • Artificially sweetened cordials and iced teas: <ul style="list-style-type: none"> ○ Serving size more than 600mL
Energy and Sports drinks	<ul style="list-style-type: none"> • Energy and sports drinks with added sugar • Artificially sweetened energy and sports drinks: <ul style="list-style-type: none"> ○ Serving size more than 600mL
Flavoured water and Mineral water	<ul style="list-style-type: none"> • Flavoured water and mineral water with added sugar • Artificially sweetened flavoured water and mineral water: <ul style="list-style-type: none"> ○ Serving size more than 600mL
Juice	<ul style="list-style-type: none"> • Fruit juices, vegetable juices and combined fruit and vegetable juices; unsweetened that contain 99-100% juice: <ul style="list-style-type: none"> ○ Serving size more than 300mL ○ Includes bottled, canned, post-mix and frozen varieties
Fruit drinks	<ul style="list-style-type: none"> • Fruit drinks that contain less than 99% juice: <ul style="list-style-type: none"> ○ Includes bottled, canned, post-mix and frozen varieties
Flavoured milks	<ul style="list-style-type: none"> • Pre-packaged flavoured milks made with reduced-fat milk: <ul style="list-style-type: none"> ○ Serving size more than 500mL • Pre-packaged flavoured milks made with full-cream milk: <ul style="list-style-type: none"> ○ Serving size more than 375mL
Milk-based drinks	<ul style="list-style-type: none"> • Milk-based drinks include milkshakes, milk and fruit smoothies. • Milk-based drinks made with reduced-fat milk as the main ingredient: <ul style="list-style-type: none"> ○ Serving size more than 500mL

RED Drinks	Details of drinks which cannot be sold, provided, promoted and advertised
	<ul style="list-style-type: none"> • Milk-based made with full-cream milk as the main ingredient: <ul style="list-style-type: none"> ○ Serving size more than 375mL • Milk-based drinks with: <ul style="list-style-type: none"> ○ More than 20mL of syrup or 1 level tablespoon of powder ○ Added sugar, cream, ice-cream, sorbet, gelato or confectionary
Plant-based milk alternatives	<ul style="list-style-type: none"> • Alternatives include soy, rice and almond drinks: <ul style="list-style-type: none"> ○ Containing less than 100mg of added calcium per 100mL ○ Plain – serving size more than 500mL ○ Flavoured – serving size more than 375mL
Formulated supplementary beverages	<ul style="list-style-type: none"> • Drinks specifically formulated as, and sold on the basis that it is, a supplement to a normal diet to address situations where intakes of energy and nutrients may not be adequate to meet an individual’s requirements: <ul style="list-style-type: none"> ○ Serving size more than 300mL
Hot drinks	<ul style="list-style-type: none"> • Hot drinks include coffee, mocha, chai and hot chocolates: <ul style="list-style-type: none"> ○ Serving size more than 500mL • Hot drinks with: <ul style="list-style-type: none"> ○ More than 20mL of syrup or 1 level tablespoon of powder ○ With added cream, ice-cream or confectionary
Other drinks	<ul style="list-style-type: none"> • Any caffeine-containing drinks are not recommended for children. • RED Drinks include but are not limited to those listed in this table. As new drinks emerge or are identified, they will be assessed and classified based on nutritional value.

Related or governing legislation, policy and agreements

- *Hospital and Health Boards Act 2011.*
- *Draft Healthy food and drink choices in public sector healthcare settings for staff and visitors – Goals, principles and minimum national nutritional standards, COAG Health Council.*

Supporting documents

- Resources and tools that support implementation of this Directive will be available on-line.
- [A Better Choice Drinks Classification Guide.](#)

Business area contact

Prevention Division
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Review

This Health Service Directive will be reviewed at least every three years.

Date of last review: **New Directive**

Supersedes: *Healthier drinks best practice guide (2016)*
A Better Choice Healthy Food and Drink Supply Strategy (2007)

Approval and Implementation

Directive Custodian

Chief Health Officer and Deputy Director-General, Prevention Division

Approval by Chief Executive

Michael Walsh
Director-General, Queensland Health

Approval date:

Issued under section 47 of the *Hospital and Health Boards Act 2011*

Definitions of terms used in this Directive

TERMS	Definition / Explanation / Details
Added sugar	Includes addition of sucrose (commonly called sugar), fructose, glucose honey, fruit juice concentrate, fruit sugar syrup and deionised fruit juice.
Alcoholic drinks	Alcoholic drinks are not essential to provide the nutrients the body needs and increase risk of alcohol-related accidents, injuries, diseases and death. They should only be consumed sometimes, in small amounts, or not at all. Avoiding alcohol is the safest option for pregnant or breastfeeding women. Alcoholic drinks should be restricted in supply or not supplied at all. In addition: <ul style="list-style-type: none"> • Any mixers added to alcohol should not be RED Drinks; • All events where alcohol is being served and/or involving external stakeholders must be approved in writing by the Health Service Chief Executive or delegate;



TERMS	Definition / Explanation / Details
	<ul style="list-style-type: none"> • Where Queensland Health facilities are licensed to provide alcohol to staff, visitors and/or the general public at functions, meetings or events, alcoholic drinks should not be provided in excessive quantities and should be served in accordance with the <i>Code of Practice for the responsible service, supply and promotion of liquor</i>; and • Alternatives to alcoholic drinks should be used as gifts or fundraising prizes.
Artificially sweetened drinks	<p>Includes any drinks (except milk-based drinks) which have added non-nutritive sweeteners from artificial or natural sources. Some examples include (but not limited to):</p> <ul style="list-style-type: none"> • Artificial sweeteners – acesulphame potassium, aspartame, cyclamate, saccharin, and sucralose; and • Natural sweeteners – stevia, erythritol, and allulose.
Catering	<p>Includes the provision of drinks at meetings, events, workshops, training, and any other functions.</p>
Drink of choice	<p>Water is the drink of choice and should be:</p> <ul style="list-style-type: none"> • Always available; • Placed on prominent shelves and/or at eye level; • Prominently advertised or promoted where drinks are sold or provided; and • The default option when different drink choices are available in promotional offers and meal deals.
Free drinking water	<p>Free drinking water is to be made available at healthcare facilities that have a water risk management plan in place.</p> <p>A water risk management plan describes how a facility, prescribed under Chapter 2A of the <i>Public Health Act 2005</i>, will prevent or minimise the risks to health associated with the water supply of the facility.</p>
Fundraising activities	<p>Includes raffles, static displays, fundraising at BBQ's, special interest events such as awareness weeks, competitions and give-aways.</p>
Healthcare facility	<p>A geographic site where one or more healthcare services are located on Hospital and Health Services land, including but not limited to:</p> <ul style="list-style-type: none"> • Hospitals; • Community Health Centres; • Primary Health Care Centres; • Laboratories; and • Office buildings operated by Hospital and Health Services.
Healthier drinks	<p>Includes drinks with no added sugar and/or with important nutritional value or contains added sugar and has some nutritional value when consumed in smaller amounts. Some examples are:</p> <ul style="list-style-type: none"> • Water (still, sparkling, flavoured); • 99% fruit and vegetables juices (check serving size); • Plain milk;

TERMS	Definition / Explanation / Details
	<ul style="list-style-type: none"> • Flavoured milks (check serving size); • Plant-based milk alternatives (check serving size); and • Hot drinks (check serving size). <p>Artificially sweetened drinks can provide a useful alternative to those that are high in sugar, however these drinks should not comprise more than 20% of drinks displayed for sale at any outlet.</p> <p>Further details, including serving sizes, can be found in the A Better Choice Drinks Classification Guide. This guide uses a traffic light classification system to categorise drinks as GREEN, AMBER or RED based on their nutritional value.</p>
In-patient, residential and aged-care meals	<p>These meals are specifically designed to ensure clinical needs are met and to prevent malnutrition, particularly for long-stay patients. They must comply with the <i>Queensland Health Nutrition Standards for Meals and Menus</i> and the <i>Aged Care Quality Standards</i>.</p> <p>Implementation of this Directive is encouraged in residential and mental health units, where clinically appropriate.</p>
Outlets	<p>Any point of sale for drinks, including but not limited to:</p> <ul style="list-style-type: none"> • Retail – restaurants, cafes, cafeterias, kiosks, staff canteens, convenience stores, newsagents, post offices, florists, gift stores and pharmacies; • Vending machines; and • Other – coffee carts, tea trolleys, staff social clubs and private selling within the workplace.
Promotion and advertising	<p>Product placement in prominent areas, static display of marketing materials, special meal-deal promotion, digital marketing, or master-branding (i.e. use of any visible promotional or advertising materials showing unhealthy drinks, including billboards, digital or static display panels, store umbrellas, flags, straw holders, counter signs, and drink fridges or vending machine decals).</p>
Sold or provided	<p>Any drinks which are sold through outlets or provided to staff or visitors as part of catering or through private selling within the workplace.</p>
Unhealthy drinks	<p>Unhealthy drinks are classified as RED. These drinks are nutrient-poor and lack nutritional value, can be energy dense, and can contribute to excess energy intake (kilojoules). When frequently consumed unhealthy drinks can increase the risk of unhealthy weight and dental decay.</p>

Version Control

Version	Date	Prepared by	Comments
0.1	19/11/2018	Prevention Division	Draft for consultation
0.2	1/02/2019	Prevention Division	Amended draft based on HHS feedback, for approval
0.3	08/03/2019	Prevention Division	Amended draft based on Round 2 HHS feedback
0.4	13/03/2019	Prevention Division	Amended draft for progression

0.5	03/09/2019	Prevention Division	<p>Minor amendments as approved by the Director-General on 1/09/2019 and Health Service Chief Executives on 12/08/2019:</p> <ul style="list-style-type: none">• Amendment 1 – remove three words ‘or added juice’ from the ‘Flavoured water and Mineral water category on page 3• Amendment 2 – remove three words ‘or added juice’ from the ‘Cordials and Iced teas’ category on page 3• Amendment 3 – replace ‘Director-General’ with ‘Health Service Chief Executive’ on page 5 and remove reference to Department of Health Standard QH-IMP-291-1:2015 on page 6
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