

Health Service Directive

Directive # QH-HSD-049:2019
Effective Date: 1 July 2020
Review Date: 30 June 2022
Supersedes: Version 2

Healthier Food and Drinks at Healthcare Facilities

Purpose

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

Scope

This Directive applies to all Hospital and Health Services.

This Directive does not apply to:

- In-patient, residential and aged-care meals; and
- Food and drinks that 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* – in the sale, provision, promotion and advertising of healthier food and drinks for staff and visitors across Hospital and Health Services.
- *Alignment* – with the *Australian Dietary Guidelines*, that recommend consumption of food and drink from the five food groups; drink plenty of water, and limit intake of food and drinks containing added sugars, fats (including saturated fat), salt and/or alcohol.

Outcomes

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



Mandatory requirements

For all Facilities selling or providing food and drinks

- Free drinking water is readily available, promoted and accessible, and water is promoted as the drink of choice.

For all Retail Outlets

- Hospital and Health Services shall ensure compliance with the *A Better Choice Food Classification Guide* and the *A Better Choice Drinks Classification Guide* as follows:
 - No more than 20% of the total proportion of food displayed or provided is unhealthy, classified as **RED**.
 - There is no sale or provision of unhealthy drinks, classified as **RED**.
 - Alcoholic drinks are restricted in supply, or not supplied at all.
 - Artificially sweetened drinks, classified as **AMBER**, must be no more than 20% of the total proportion of drinks displayed or provided
 - Only healthy food and drinks, classified as **GREEN**, can be promoted and advertised.
 - At least 50% of the proportion of drinks displayed or provided are healthy, classified as **GREEN**.
 - For vending machines, at least 30% of the proportion of foods displayed or provided are healthy, classified as **GREEN** by 1 July 2020.
 - For all other retail outlets (excluding vending machines), at least 30% of the proportion of foods displayed or provided are healthy, classified as **GREEN** by 1 July 2020, increasing to 50% by 1 July 2021.

For all Fundraising activities and all Catering activities

- **GREEN** food and drink choices must be available and actively promoted.
- There is no sale, provision, promotion or advertising of unhealthy drinks, classified as **RED**.

Monitoring of compliance

- Hospital and Health Services are to monitor compliance with these requirements and report outcomes to the Department of Health by 31 December each year.

NOTE: Definition of terms used in this Directive are detailed on pages 4–6.



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

- *A Better Choice Healthy Food and Drink Supply Strategy for Queensland Health Facilities (2019).*
- Resources and tools supporting implementation of the Directive will be available online.

Business area contact

Prevention Division
(07) 3328 9068

Review

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

Date of last review: January 2020

Supersedes: *Health Service Directive: Healthier Drinks at Healthcare Facilities (April 2019).*
Healthier drinks at healthcare facilities 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

Dr John Wakefield
Director-General, Queensland Health

Approval date: 4 March 2020

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

Definitions of terms used in this directive

TERMS	Definition / Explanation / Details
A Better Choice	<p>A Better Choice is a strategy based on the Australian Dietary Guidelines and applies a traffic light system to classify food and drinks:</p> <ul style="list-style-type: none"> • GREEN – best nutritional value – choose mostly, • AMBER – some nutritional value – choose carefully, and • RED – limited or no nutritional value – choose rarely.
Added sugar	<p>Includes addition of sucrose (commonly called sugar), fructose, glucose, honey, fruit juice concentrate, fruit sugar syrup and deionised fruit juice.</p>
Alcoholic drinks	<p>Alcoholic drinks provide no essential 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.</p> <p>Avoiding alcohol is the safest option for pregnant or breastfeeding women.</p> <p>Alcoholic drinks should be restricted in supply or not supplied at all. In addition:</p> <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; • 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>Artificially sweetened drinks are classified as AMBER.</p> <p>Artificially sweetened drinks include any drinks (except milk-based drinks) which have added non-nutritive intense 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.
Australian Dietary Guidelines	<p>Recommendations in these national guidelines include:</p> <ul style="list-style-type: none"> • Food and drinks are consumed from the five food groups – grains (cereal) foods; vegetables; fruit; lean meats, poultry and alternatives; and milk, yoghurt, cheese and alternatives; • Drink plenty of water; and • Discretionary or junk foods should be limited, and only consumed occasionally.
Catering	<p>Catering refers to occasions where any food or drinks are provided at meetings, events, conferences, exhibitions, symposiums, workshops, training, and any other functions, within Hospital and Health Service facilities. It includes 'free' meals prepared or paid for by the Hospital and Health Service or external agencies,</p>

TERMS	Definition / Explanation / Details
	<p>companies and businesses.</p> <p>It does not apply to food and drinks that staff and visitors bring from outside the facility for their own personal consumption. It also does not apply to free food and drinks provided by Charitable Organisations to parents or families of patients currently admitted to the facility.</p>
Free drinking water	<p>Free drinking water is to be made available and prominently promoted or advertised 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>Fundraising activities includes promotional and sponsorships, staff social clubs, gifts, raffles, fundraising, bake sales, competitions, third party fundraisers, static displays, fundraising BBQ's, breakfasts or morning teas, competitions, special interest events such as awareness weeks, competitions.</p> <p>These include food and drinks provided by the Hospital and Health Service or through private selling within the workplace.</p>
Healthcare facilities	<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.
Healthy drinks	<p>Healthy drinks are classified as GREEN.</p> <p>They have no added sugar and/or with important nutritional value or contain added sugar and has some nutritional value when consumed in smaller amounts.</p> <p>Further details can be found in the <i>A Better Choice Drinks Classification Guide</i>.</p>
Healthy food	<p>Healthy foods are classified as GREEN.</p> <p>They are good sources of vitamins, minerals and fibre, lower in saturated fat, added sugar and/or salt, lower in energy and help ensure optimal nutrient intake.</p> <p>Further details can be found in the <i>A Better Choice Food Classification Guide</i>.</p>
In-patient, residential and aged-care meals	<p>Includes any meals provided to patients admitted to a healthcare facility e.g. for day-surgery, or a ward.</p> <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>. Implementation of this Directive is encouraged in residential and mental health units, where clinically appropriate.</p>
Promotion and advertising	<p>Includes product placement in prominent areas, static display of marketing materials or panels, special meal-deal promotion, digital marketing, or master-branding (i.e. billboards, store umbrellas, flags, straw holders, counter signs, and drink fridges or vending machine decals).</p>

TERMS	Definition / Explanation / Details
Readily available	Available and easy to access at places where foods and/or drinks are sold/provided.
Retail Outlets, including vending machines	Any point of sale for food and drinks, including but not limited to: <ul style="list-style-type: none"> • Vending machines; • Retail outlets – restaurants, cafes, kiosks, canteens, coffee carts, tea trolleys, food trucks; and • Other retail outlets that sell food and drinks – convenience stores, newsagents, post offices, florists, gift stores and pharmacies.
Unhealthy drinks	Unhealthy drinks are classified as RED . <p>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> <p>No unhealthy drinks must be sold, provided, promoted or advertised.</p> <p>Further details can be found in the <i>A Better Choice Drinks Classification Guide</i>.</p>
Unhealthy food	Unhealthy foods are classified as RED . <p>These foods provide limited nutrition, can be energy dense and can contribute to excess energy intake (kilojoules). When frequently consumed unhealthy food can increase the risk of unhealthy weight and chronic diseases.</p> <p>Further details can be found in the <i>A Better Choice Food Classification Guide</i>.</p>

Version Control

Version	Date	Prepared by	Comments
V1	13/03/2019	Prevention Division	Initial version Health Service Directive Healthier Drinks at Healthcare Facilities
V2	03/09/2019	Prevention Division	Minor amendments as approved by the Director-General on 01/09/2019 and Health Service Chief Executives on 12/08/2019: <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
V3	24/01/2020	Prevention Division	Major amendments to include requirements for foods.

