

Healthy Vending

>>> fast forward to next venue

Beelin Baxter

Regional Public Health Group

East of England

Agenda

- Life after “healthy vending in schools”
- Survey of vending in leisure and sport centres
- Results
- Conclusions
- What next?

Life after healthy vending in schools



Life after healthy vending in schools

... and definitely not



Life after healthy vending in schools

It's about:

- Using what we know about healthy vending in schools and apply the knowledge to other settings

Why?

- Because people visit sport and leisure centres to get fit, stay fit, lose weight, or simply have fun

Survey of vending in leisure and sport centres

- One page questionnaire
- Sent to sport and leisure centres to six counties in region – Cambs, Norfolk, Suffolk, Essex, Beds and Herts
- No names required but incentive to do so
- Different ways to return questionnaire

Survey of vending in leisure and sport centres

The four questions asked:

- How many vending machines are there?
- How many vending machines sell healthy food/snacks?
- How many vending machines sell healthy drinks
- What is the distance from the nearest school?

Results

- Sent to 532 centres, received 180 replies
- Response rate of 35%
- Mixture of local authority facilities, specific sport centres, schools and private health/fitness clubs

Results – Out of 180 responses

- 46 centres have five or more machines
- 30 centres reported not having any machines at all
- 37 centres have at least one machine selling healthy food/snacks
- 54 centres have at least one machine selling healthy drinks

Results – Out of 180 responses

- 71 centres are on school campuses, yet
- Only 18 have at least one machine selling healthy food/ snacks, and
- Only 27 have at least one machine selling healthy drinks, but
- 123 respondents wanted help

Conclusions

- Vending machines are popular
- Lots of machines but poor choice of healthy food and drinks
- Not much better in centres on school campuses
- Recognition of a need to do something about it but don't know how to do it

What next?

- Move away from conventional vending designed for quick energy-fix and minimum nutritional value
- Explore available new technology to help with the change-over
- Follow proven practice and you can complement your centre's ethos and make profit at the same time