

NJSOPHE Resolution to Host Healthy Meetings, Conferences, and Events

February 8, 2017

Whereas, the Dietary Guidelines for Americans, 2015 state that Americans consume too much sodium, added sugars, refined grains, and solid fats and not enough fruits, vegetables, and whole grains; and

Whereas, the Physical Activity Guidelines for Americans, 2008 state that Americans should get 150 minutes of moderate to vigorous physical activity each week, yet many do not; and

Whereas, studies show a strong relationship between the physical and social environments of the workplace and the health behaviors of employees; and

Whereas, nearly half of many people's waking hours are spent at work, and many of those hours are spent in meetings and conferences; and

Whereas, the foods and beverages available at meetings and conferences are often high in fat, added sugars, and sodium, and contain few fruits, vegetables, and whole grains; and

Whereas, meetings and conferences generally involve a lot of time sitting and provide little opportunity for physical activity; and

Whereas, the **NEW JERSEY SOCIETY FOR PUBLIC HEALTH EDUCATION (NJSOPHE)** has the ability to model healthy eating and help to change social norms around meeting practices; and

Whereas, it is consistent with the goals of the **NEW JERSEY SOCIETY FOR PUBLIC HEALTH EDUCATION (NJSOPHE)** to support people's ability to eat well while at work events; and

Whereas, the **NEW JERSEY SOCIETY FOR PUBLIC HEALTH EDUCATION (NJSOPHE)** should expend its financial resources on healthier food and beverage offerings; *therefore*, be it

Resolved that the **NEW JERSEY SOCIETY FOR PUBLIC HEALTH EDUCATION (NJSOPHE)** meetings, conferences, and events will adhere to healthy meeting guidelines; and

Be it further resolved the **NEW JERSEY SOCIETY FOR PUBLIC HEALTH EDUCATION (NJSOPHE)** will take the National Alliance for Nutrition and Activity Healthy Meeting Pledge;

And be it further resolved that the **NEW JERSEY SOCIETY FOR PUBLIC HEALTH EDUCATION (NJSOPHE)** strongly encourages other organizations to adopt healthy meeting guidelines.

If you are interested in taking the pledge or for more information, email us at nutritionpolicy@cspinet.org or call 202-777-8352.

National Alliance for Nutrition and Activity Model Healthy Meeting Pledge

Nutrition: Beverages

- Standard Healthy Meeting
 - Make water the default beverage.
 - Do not offer full-calorie sugar-sweetened beverages. Serve 100% juice diluted with water, low-fat or non-fat milk, calcium and vitamin D-fortified soymilk, or beverages with 40 calories per container or less.
 - Offer low-fat or non-fat milk with coffee and tea service in addition to or in place of half and half.
- Superior Healthy Meeting

Includes all Standard Healthy Meeting recommendations, plus the following:

 - Eliminate all sugar-sweetened beverages (including those with less than 40 calories per container that are allowed under the Standard Healthy Meeting).

Nutrition: Food

- Standard Healthy Meeting
 - Offer fruits and/or vegetables every time food is served.
 - Offer reasonable portion sizes.
 - In buffet lines or self-service, support sensible portions by offering reasonably-sized entrees and appropriately-sized serving utensils and plates.
 - Use whole grains whenever possible (100% whole grain or whole grain as the first ingredient).
 - Serve healthier condiments and dressings and offer them on the side.
 - Look for and try to offer lower-sodium options.
 - Make the majority of the meat options poultry, fish, shellfish, or lean (unprocessed) meat.
 - Provide a vegetarian option.
 - For special occasions and dinner, cut desserts in half or serve small portions. For lunches, breaks, or regular meetings serve fruit as dessert.
 - Do not place candy or candy bowls in the meeting space.
 - Whenever possible, offer foods prepared in a healthy way (grilled, baked, poached, roasted, braised, or broiled). Avoid fried foods.
- Superior Healthy Meeting

Includes all Standard Healthy Meeting recommendations, plus the following:

 - All grains must be whole grain-rich (51% or more whole grains by weight or whole grain as the first ingredient).
 - Serve only poultry, fish, shellfish, or on occasion lean (unprocessed) meat options; seek alternatives to processed and red meats.
 - Replace all desserts and pastries with fruit or other healthful foods.
 - Do not serve fried foods.
 - If there is the capacity to do nutrient analyses or if the caterer can provide nutrient information, meals should meet the nutrition standards in Appendix A in the toolkit at: www.healthymeeting.org.

Physical Activity

Standard Healthy Meeting

- Mention to attendees (through announcements or in written materials) that it is fine to move within the meeting space (standing, stretching); integrate exercise equipment if possible within the space (exercise balls in place of some chairs, raised tables for standing).
- When possible, allow for comfortable clothes/shoes to support physical activity during breaks.
- Periodically break up sitting time.
- For conferences or all-day meetings, support physical activity before, during, and after the work of the day.
- Provide adapted programming or alternative activities for those with physical disabilities.
- Identify someone to facilitate a short physical activity break(s).

Superior Healthy Meeting

Includes all Standard Healthy Meeting recommendations, plus the following:

- Try to choose meeting/conference locations where there are walkable destinations; provide walking/running maps.
- Only contract with hotels that have a fitness facility available at no cost to attendees. If the hotel does not have a fitness facility, contract with a local exercise facility.
- Provide exercise stations in the hall or within the meeting room.
- Implement walking meetings when possible.

Sustainability

Standard Healthy Meeting

- Reduce waste and packaging whenever possible.
- Consider appeal to meeting attendees, sustainability, and usefulness of conference giveaways.
- Have recycling bins available.
- Provide handouts on a flash drive or make them available online to reduce paper.

Superior Healthy Meeting

Includes all Standard Healthy Meeting recommendations, plus the following:

- Conduct a zero-waste meeting or conference.
- Use locally-sourced and sustainably-produced food and giveaways when possible.

Tobacco-Free

Standard Healthy Meeting

- Meetings should be held in smoke-free facilities.

Superior Healthy Meeting

Includes all Standard Healthy Meeting recommendations, plus the following:

- A tobacco-free environment is provided at all times.
- Choose to host your conference in a city with a comprehensive smoke-free policy that includes restaurants and bars.

NIS SOCIETY FOR PUBLIC HEALTH EDUCATION
(Name of organization)

meetings, conferences, and events will adhere to the

selected guidelines in accordance with the National Alliance for Nutrition and Activity Healthy Meeting Pledge.

Signature: *Carla M. Weis*

Date: 2/8/17

Please send completed forms to nutritionpolicy@cspinet.org or call 202-777-8352 with questions.

Additional resources can be found at www.healthymeeting.org.