

Food Service Guidelines Collaborative Research and Operations Subgroup

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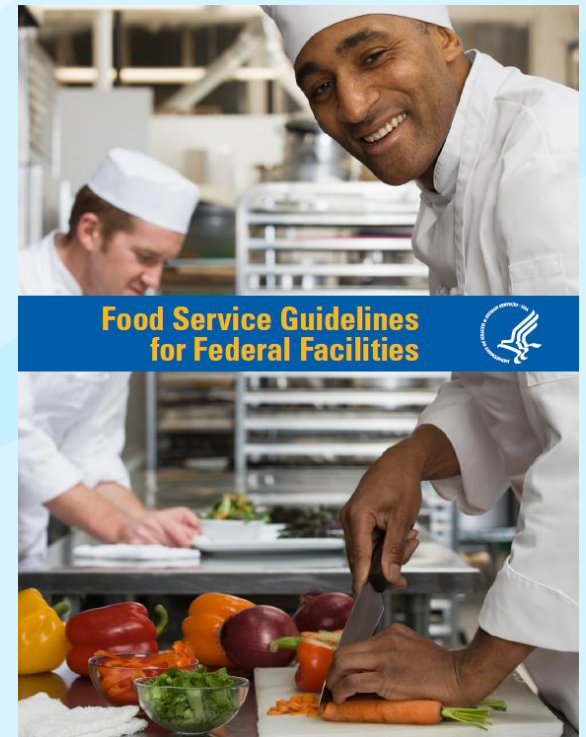
Healthy Eating Research

What Are Food Service Guidelines?

A set of voluntary best business practices that can be used to increase healthy and safe food options for employees

Three primary goals:

- Healthier foods and beverages are available and encouraged at federal facilities.
- Environmentally responsible practices are conducted in federal food service venues.
- Food safety practices are followed to minimize the risk of foodborne illnesses.

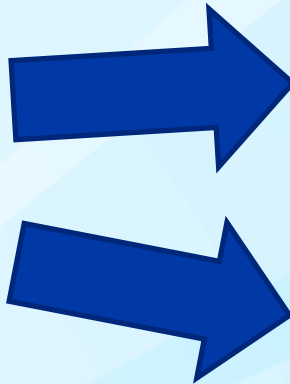


Background

Improving Availability of Healthier Foods Away from Home



Food Service Guidelines
(Cafeterias and Vending)



- **Private Worksites**
(Worksite Wellness Programs)
- **Healthcare Facilities**
- **Universities**
- **Government Facilities**
(Worksites and Public Facilities)

Health and Sustainability Guidelines for Federal Concessions and Vending Operations:

<http://www.cdc.gov/obesity/strategies/food-serv-guide.html>

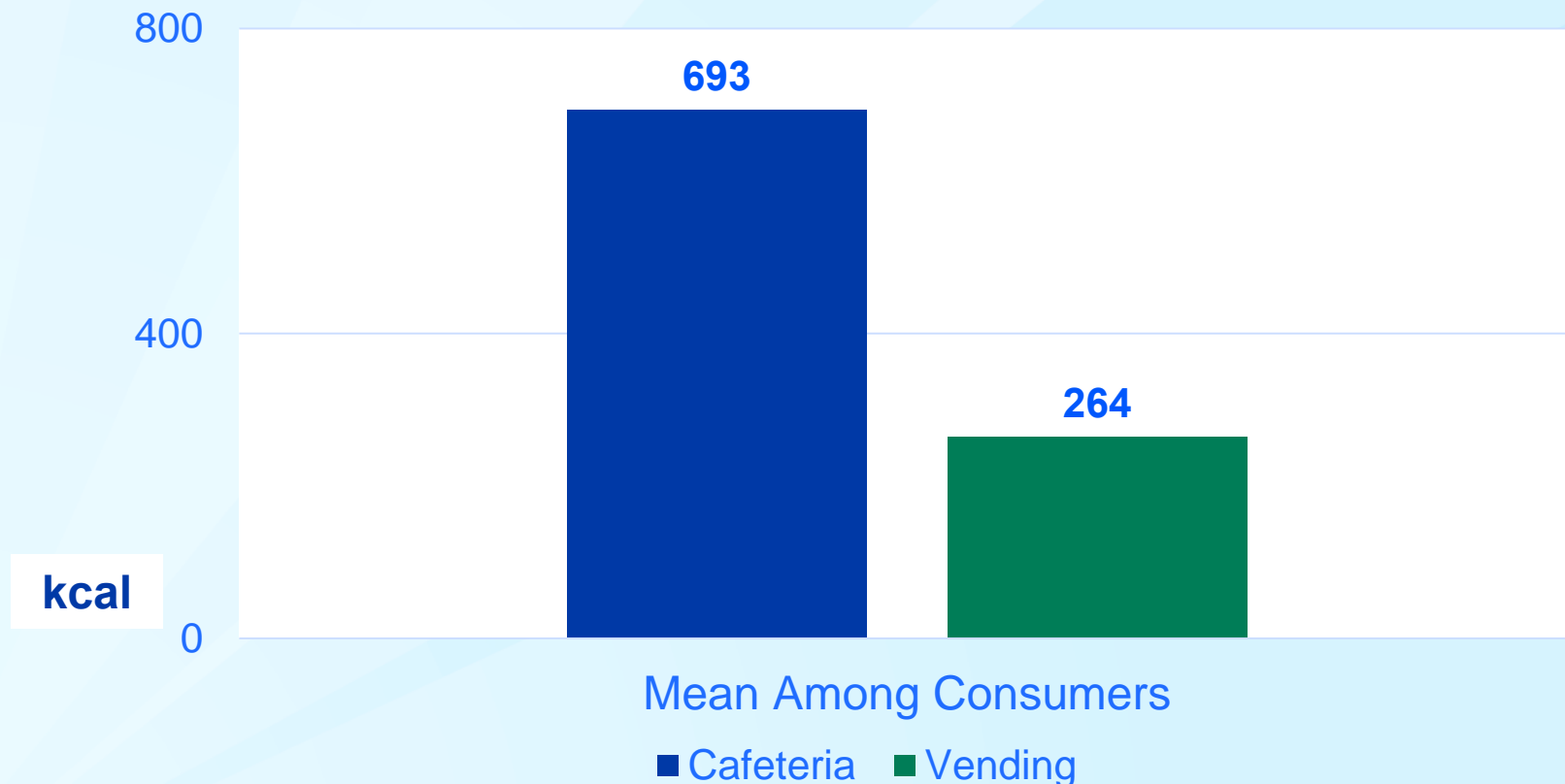
Reach of FSG in Cafeterias and Vending Machines

- **On a given day...**
 - 7.5 millions adults get food from a cafeteria
 - 9.5 million adults get food from a vending machine
- **Among approximately 150 million working adults in the US**
 - 50% have a vending machine at work
 - 30% have a cafeteria at work

Onufrak SJ. Foods Consumed from Non-school Cafeterias and Vending Machines: NHANES 2006-2012. ASN Scientific Sessions and Annual Meeting. April 3, 2016. http://www.fasebj.org/content/30/1_Supplement/131.4.short

Onufrak SJ, Watson KB, Kimmons J, Pan L, Khan LK, Lee-Kwan SH, Park S. Worksite Food and Physical Activity Environments and Wellness Supports Reported by Employed Adults in the United States, 2013. Am J Health Promot. 2016 Sep 4. <http://journals.sagepub.com/doi/full/10.1177/0890117116664709>

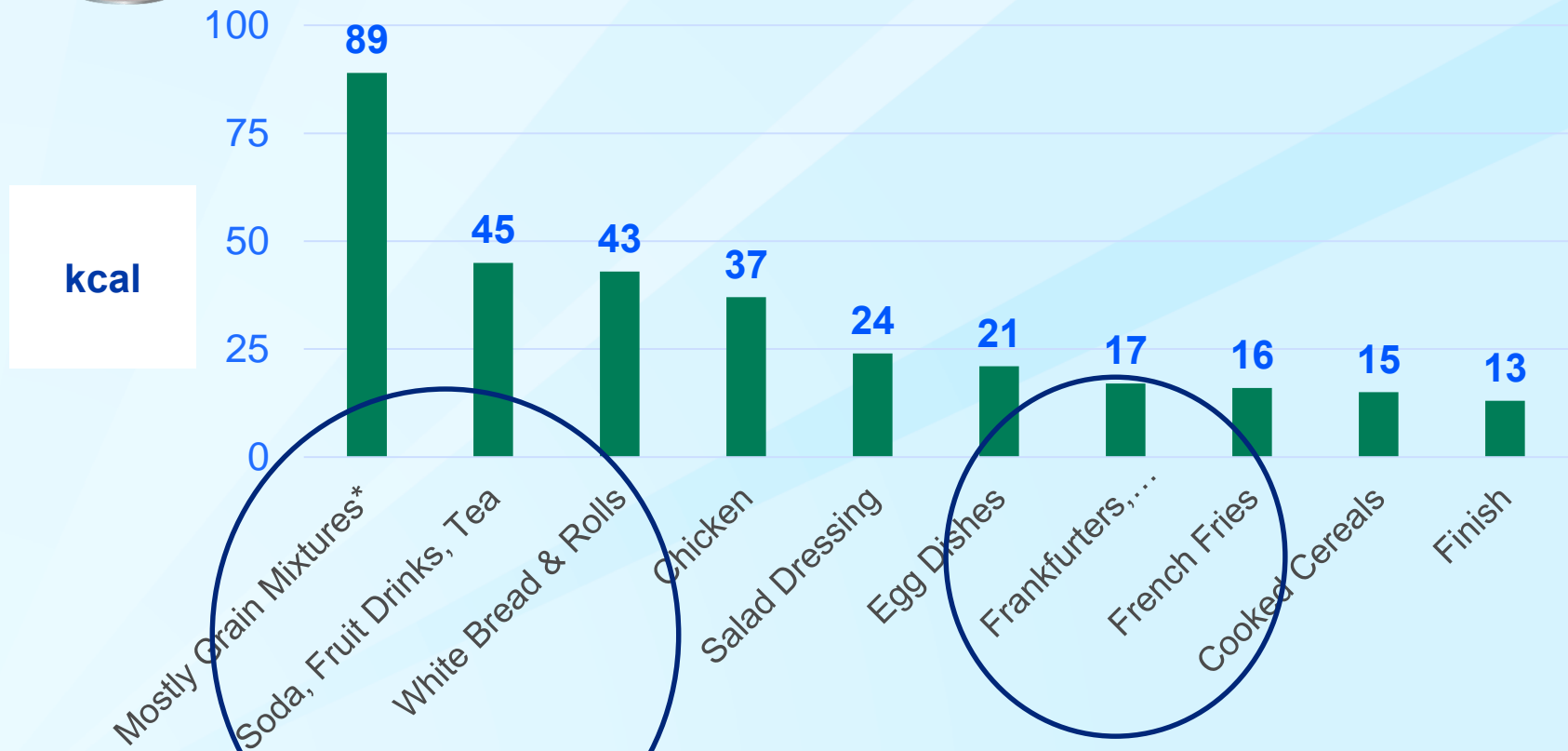
Mean Caloric Intake* from Cafeteria and Vending Sources, NHANES 2005-2014



*Mean among consumers

Onufrak SJ. Foods Consumed from Non-school Cafeterias and Vending Machines: NHANES 2006-2012. ASN Scientific Sessions and Annual Meeting. April 3, 2016. http://www.fasebj.org/content/30/1_Supplement/131.4.short

Leading Food Categories Consumed from Cafeterias (by per capita kcal)



*E.g. pizza, pasta dishes, Mexican dishes, rice dishes, etc.

Leading Food Categories Consumed from Vending (by per capita kcal)



kcal

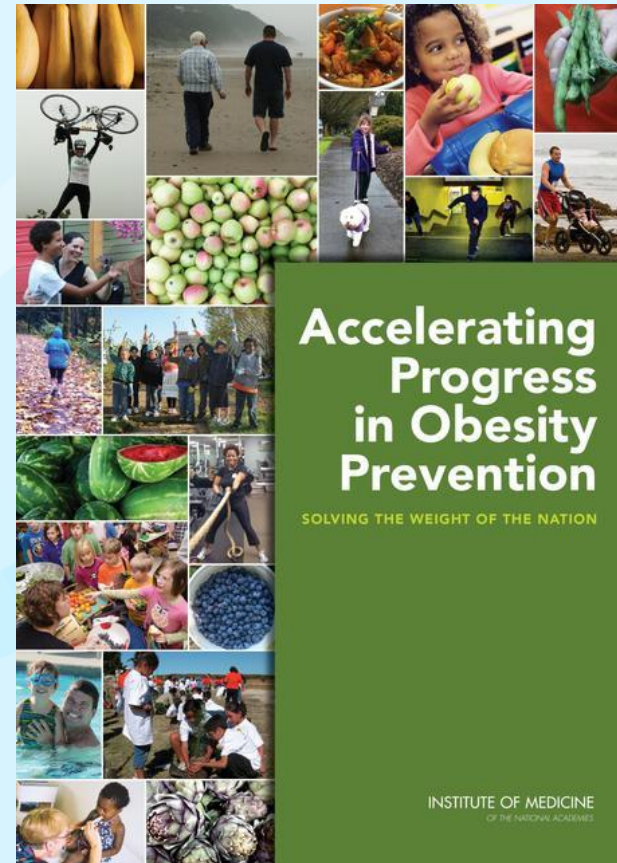


Institute of Medicine Report

Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation

Strategy 2-3

“Utilize Strong Nutritional Standards for all Foods and Beverages Sold or Provided Through the Government, and Ensure That These Healthy Options Are Available in All Places Frequentated by the Public”



Background

The FSG Collaborative

Mission

The Food Service Guideline Collaborative (FSGC) works throughout the food system to leverage institutional food service purchases to support eating patterns aligned with the *Dietary Guidelines for Americans*. This group seeks to promote healthy diets that are the end result of a food system that conserves and renews natural resources, advances social justice and animal welfare, builds community wealth, and fulfills the food and nutrition needs of all eaters now and into the future. The FSGC was formalized in March 2016 during an inaugural meeting.

FSGC Partners

- Centers for Disease Control and Prevention
 - Department of Defense
 - National Park Service
 - United States Department of Agriculture
 - United States Department of Health and Human Services
-
- | | | |
|---|---|---|
| • American Heart Association | • Health Care Without Harm | • Real Food Challenge |
| • American Cancer Society | • The Humane Society | • Robert Wood Johnson |
| • Association of State and Territorial Health Officials | • John Hopkins University—Center for a Livable Future | • Foundation: Healthy Eating Research/Duke University |
| • Bipartisan Policy Council | • National League of Cities | • San Diego County |
| • Center for Good Food Purchasing | • Natural Resource Defense Council | • School Food Focus |
| • Center for Science in Public Interest | • Partnership for a Healthier America | • University of Washington |
| • ChangeLab Solutions | • Philadelphia Department of Health | • Washington State Department of Health |
| • Eastern Carolina University | | • World Resources Institute |
| • Friends of the Earth | • Public Health Law Center | |

The FSG Collaborative Work Groups

- 1. Research, Operations and Implementation**
- 2. Policy**
- 3. Food Systems Engagement**
- 4. National Road Map**

FSG Collaborative Policy Subgroup

- **Objectives:**
 - Develop a model FSG policy that is messaged consistently.
 - Share existing policy resources and identify gaps and partners to develop needed resources.
 - Monitor current policies.
 - Leverage existing efforts to encourage adoption elsewhere.
- **Led by Katie Bishop Kendrick (AHA)**

Tracking FSG Policies Among State and Municipal Governments

Food Service Guideline Policies on State Government–Controlled Properties

Hatidza Zaganjor, MPH¹, Katherine Bishop Kendrick, MS, MPH²,
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Nutrition standards policy for foods and beverages sold on state executive branch property

A state nutrition standards policy for sale of foods and beverages that meets the following criteria: 1) provides or references quantifiable nutrition standards (e.g., sets a maximum for the amount of sodium a food item can include) addressing four or more of the following nine foods or nutrients: fruits, vegetables, whole grains, water, added sugars, sodium, trans fat, saturated fat, and calories/portion sizes; 2) applies to all property and facilities owned, leased, or operated by the state executive branch; and 3) applies to two or more food service venues (e.g., vending machines, cafeterias, snack bars).

PREVENTING CHRONIC DISEASE

PUBLIC HEALTH RESEARCH, PRACTICE, AND POLICY

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ORIGINAL RESEARCH

Nutrition Standards for Food Service Guidelines for Foods Served or Sold in Municipal Government Buildings or Worksites, United States, 2014

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Susan Carlson, PhD²; Joel Kimmons, PhD¹; Deborah Galuska, PhD¹

Food Service Guidelines Policies on Local Government Controlled Properties

Author names and affiliations:

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FSG Collaborative Food Systems Engagement Subgroup

- **Objectives:**
 - Engage with industry to advance FSG.
 - Plan and execute a meeting with industry partners.
 - Align our communications with industry.
 - Identify and address operational and systemic barriers to improve access to healthier foods.
- **Led by Michelle Wood (LA County) and Joel Kimmons (CDC)**

FSG Collaborative National Road Map Subgroup

- **Objectives:**
 - Develop a vision, goals, and strategies to build more synergy and reduce redundancy.
 - Develop a plan to consistently communicate FSG.
 - Gather recommendations from Action Groups into a national roadmap to accelerate progress on FSG
- **Led by Margo Wootan (CSPI) and Karen Hawkins (DOD)**

FSG Collaborative Research and Operations Subgroup

- **Purpose:** members of the research and operations workgroup collaborate on FSG-related research and share evaluation methods and results. The goal of the workgroup is to increase the quantity and quality of research that influences youth, adults, and families' nutrition and healthy weight
- **Members:** government agencies, academics, non-profit agencies.

Presentations

- Evaluating Washington State's Executive Order on Healthy Nutrition Guidelines (University of Washington)
- Food Service Guideline Policies on State Government-Controlled Properties (CDC)
- Food Service Guidelines Needs Assessment (ASPHN)
- Food Acquisitions and Purchases at US Worksites: Who is getting food at work, what foods are they getting, and what is the dietary quality of these foods? (CDC)
- Municipal Guide to Climate Friendly Purchasing (Friends of the Earth)

Projects: Research Priorities

- Small subset of the Research and Ops group came together to discuss research priorities related to FSG:
 - CDC
 - HER
 - AHA
 - University of Washington
- Research agenda reviewed and discussed by entire subgroup
- Overarching key questions identified
- More specific questions related to policy, operations, food system/supply side, and consumers identified

Key Questions from Research Agenda

- Can FSG improve quality and availability of healthier foods and beverages in food service settings and more broadly?
- Can FSG increase purchasing and consumption of healthier foods and beverages?
- What is the key evidence needed to make the case for FSG?

Projects: Measurement and Evaluation Guide

- **Purpose:** to provide guidance on how to evaluate FSG compliance and effectiveness in cafeterias and vending machines based upon the goals and available resources of the evaluating entity with a primary focus on measurable outcomes rather than qualitative or process measures.
- Covers measures such as:
 - Checklists
 - Food environment assessments
 - Sales and purchasing data
 - Procurement data
 - Dietary intake data

Discussion/Q&A/Next Steps



Thank You!

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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

National Center for Chronic Disease Prevention and Health Promotion

Division of Nutrition, Physical Activity, and Obesity

