



# Operational Directive

**Enquiries to:** Chronic Disease Prevention      **OD number:** OD 0627/15  
**Phone number:** (08) 9222 4144      **Date:** June 2015  
**Supersedes:** OD 0187/09      **File No:** F-AA-25370

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**Subject:**      **HEALTHY OPTIONS WA: FOOD AND NUTRITION POLICY FOR WA HEALTH SERVICES AND FACILITIES**

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This policy replaces Policy No. OD 0187/09 and aims to improve and maintain the health of staff and the broader community by providing health care environments that support and model nutritious and healthy eating options. It uses a 'traffic light' system of food classification which defines the permitted sale, display and promotion of foods. The Policy applies to all WA Health services and facilities and covers:

- Food and drink outlets under the control or management of WA Health
- Vending machines
- Professional and business catering
- Fundraising initiatives, events and prizes.

This Policy does not apply to inpatient or aged care resident meals, staff social functions or food and drinks that staff bring from home.

## **ACCOUNTABILITY**

Responsibility for implementing the Policy rests with WA Health services and facilities. Responsibility for day-to-day management, compliance and implementation of the Policy is delegated to Health Service Chief Executives and Departmental Assistant Director Generals, Executive Directors, Directors and senior managers across the entire WA Health. All employees must ensure they understand and comply with the Policy.

Professor Bryant Stokes  
**A/DIRECTOR GENERAL**  
**DEPARTMENT OF HEALTH WA**

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Government of **Western Australia**  
Department of **Health**

# Healthy Options WA

Food and Nutrition Policy for WA Health Services and  
Facilities

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**Title: Healthy Options WA: Food and Nutrition Policy for WA Health Services and Facilities**

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## **1. BACKGROUND**

Eating a nutritious diet is important to health throughout all stages of life. Poor diet is a significant risk factor for obesity and a number of preventable chronic diseases, including but not limited to, cardiovascular disease, type 2 diabetes, stroke, some cancers and musculoskeletal conditions.

Health and hospital services are in an ideal position to reinforce the health and nutrition messages being promoted by health care professionals and health promotion programs. They can become role models for other workplaces and settings by providing and promoting affordable and nutritious foods and drinks in all premises and facilities. Food outlets and vending machines are a major source of meals, beverages and snacks for outpatients, visitors and staff within WA Health establishments.

The *Healthy Options WA: Food and Nutrition Policy for WA Health Services and Facilities* (the Policy) aims to maintain and improve the health of staff and the broader community by providing health care environments that support and model nutritious and healthy eating options. It supports outpatients, visitors and staff to make healthier choices by promoting and increasing access to affordable, nutritious and tasty food and drinks relative to energy-dense nutrient-poor options.

The objectives of the Policy are to ensure that:

- a wide range of healthy food and drinks is available through food and drink outlets within WA Health services and facilities;
- healthy food and drinks are visible and promoted; and
- healthy options are available at all times that outlets are operational.

## **2. SCOPE**

The Policy applies to all WA Health services and facilities, including metropolitan health services, WA Country Health Service, Department of Health and Peel Campus. It applies to all settings and occasions where food and drinks are made available to staff, visitors and outpatients in these settings.

The Policy applies to all:

- Food and drink outlets under the control or management of WA Health.
- Professional and business catering.
- Fundraising initiatives, events and prizes.

The Policy applies to all food and drinks offered, sold or supplied, including freshly made on premises or supplied pre-prepared or processed.

The Policy does **not** apply to:

- Inpatient or aged care resident meals.
- Staff social functions.
- Food and drinks that staff bring from home.

### **3. POLICY STATEMENT**

All WA Health services and facilities are to support healthy eating by providing a range of healthy nutritious food and drinks and limiting the supply of less healthy options in line with the standards outlined below.

The Policy uses a 'traffic light' system of food classification based on nutrient content and alignment with the Australian Dietary Guidelines. All food and drinks are classified as Green, Amber or Red (defined below). These categories define the permitted sale, display and promotion of food and drinks.

#### **(i) Food and drink outlets**

The Policy applies to all food and drinks provided through retail food and drink outlets for visitors, staff and outpatients. This includes:

- Cafes and coffee shops.
- Staff cafeterias and canteens.
- Other outlets and kiosks.
- Ward trolleys.
- Food and drink vending machines.

All WA Health food and drink outlets must comply with the following requirements for the provision of food and drinks offered and displayed at all times that they are operational:

1. All food and drink outlets must ensure that the supply of food and drinks complies with the following:
  - A minimum of 50% of items offered are Green food and drinks.
  - A limited number of Red food and drinks; no more than 20%.
  - The remainder to be Amber food and drinks.
2. The display of food and drinks offered must comply with these percentages, that is, at least 50% of the display area must be occupied by Green food and or drinks and no more than 20% occupied by Red food and drinks. Green items should be more prominently displayed than other categories.
3. Only food and drinks with a Green classification can be promoted by a food outlet or health service or facility.

## (ii) Professional and business catering

All WA Health funded catering for professional and business events (except staff social functions) must comply with the following requirements:

- Have available a wide range of the Green food and drinks (at least 50% of options offered).
- Where practical, have no more than 20% of food and drinks from the Red category.

## (iii) Fundraising initiatives, events and prizes

Fundraising activities, both external (e.g. for schools and charities) and internal, must comply with the policy. The use of food or drinks from the Red category is not permitted.

Sponsorship of food and drinks or 'free' meals from companies and businesses can only be supported in health facilities if it is consistent with the following:

- A minimum of 50% Green food and drinks.
- No more than 20% Red food and drinks.

## 4. DEFINITIONS

Additional information relating to the specific criteria used to classify food and drinks is provided on the [Healthy Options WA website](#).

<b>Green</b> food and drinks	These are the healthiest choices because they are excellent sources of important nutrients and represent one or more of the five food groups needed for optimum health and wellbeing. They are low in saturated fat, added sugar and salt.
<b>Amber</b> food and drinks	These have some nutritional value but contain moderate levels of saturated fat, added sugar and/or salt and can contribute to excess energy intake. These need to be chosen carefully and eaten in moderation.
<b>Red</b> food and drinks	These are energy dense but have little nutritional value. Most are high in saturated fat, salt and/or sugar. These foods and drinks can contribute to excess energy intake if consumed in large amounts or on a frequent basis. These should be considered to be 'discretionary' food and drinks and only be consumed occasionally or in small amounts.
Offered	Means offered for sale; relates to the total range and number of different items of food and drink options available.
Display	This is the area or space within the outlet that is available to place foods and drinks on view to customers.

## 5. ROLES AND RESPONSIBILITIES

Responsibility for implementing the Policy rests with WA Health services and facilities.

Responsibility for day-to-day management, compliance and implementation of the Policy is delegated to Executive Directors, Directors and senior managers across the entire WA Health.

## 6. COMPLIANCE

Compliance with the Policy is mandatory for all employees of WA Health, including persons responsible for WA Health food and drink outlets and related services, contracts and agreements, as well as those responsible for business catering. All employees must ensure they understand and comply with the Policy.

## 7. EVALUATION/MONITORING

WA Health services may be asked to participate in periodic audits of food and/or drink outlets under their management or control.

## 8. WEBSITE AND RELATED DOCUMENTS

The following additional material is available on the [Healthy Options WA website](#):

### Procedures

These web pages provide detail about the Policy's mandatory requirements:

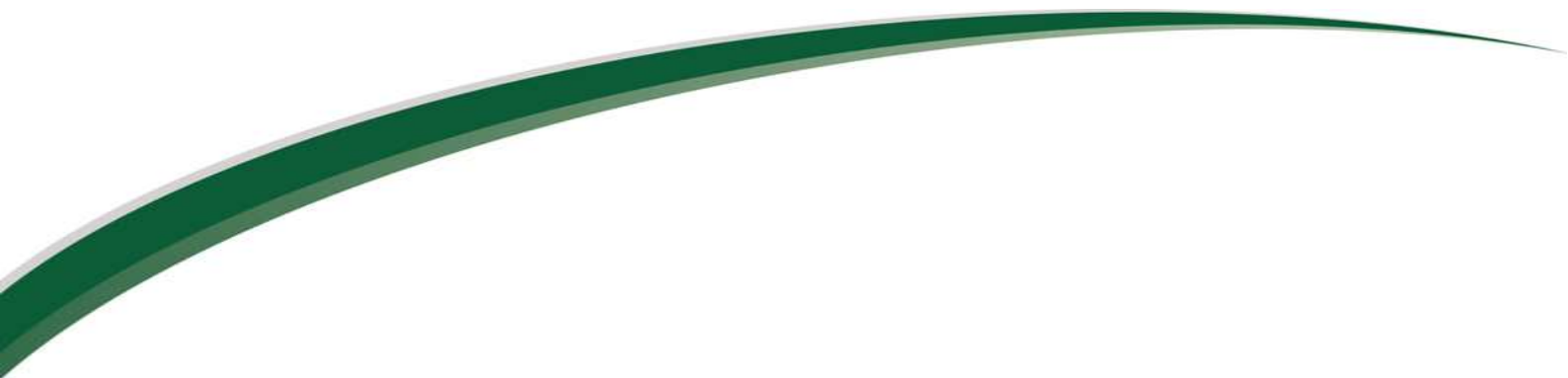
- About the Healthy Options WA Policy
- Classification of Green, Amber and Red food and drinks (including nutrient criteria)
- Healthy Options: Food and drink outlets
- Healthy Options: Vending machine guidelines

### Implementation Support

- Guidelines, tools and resources to support WA Health Services to implement the policy.

## 9. AUTHORITY

<b>Title:</b>	Denise Sullivan, Director Chronic Disease Prevention		
<b>Contact:</b>	(08) 9222 2403		
<b>Directorate:</b>	Chronic Disease Prevention	<b>TRIM Record Number:</b>	
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