

# Self-assessment

## Items sold/offered

Once you are familiar with the Healthy Options WA policy and have an understanding of how foods are categorised, the next step is to determine how well the café/kiosk, vending machines and ward trolleys at your WA Health Service comply with the Policy. This should be done on a regular basis.

Using the assessment template on the next page:

1. List all the food and drinks available. This list should include all relevant information, such as the brand name and product size. See the example below.

Type of Product	Brand Name	Product Size	Classification Green/Amber/Red
Bottled Water	Mt Franklin Spring Water	600ml	Green
Bottled Water	Mt Franklin Spring Water	300ml	Green

The product classification (i.e. Green, Amber or Red) should also be included. Use the [Commonly Supplied Food and Drink resource](#) to colour code all items.

If there are multiple outlets (e.g. auxiliary, kiosks, ward trolleys and vending machines) at your Health Service, this exercise should be repeated for each individual outlet. For example, this may mean that one hospital may complete three separate assessments – one assessment for the café, one assessment for the vending machine in reception and a third assessment for the auxiliary.





## Reflecting on the results

Once the colour-coding of all items is complete, percentages can be obtained. This is the final step of the assessment. Using the simple calculation below you can easily work out the percentage of Green, Amber and Red items for each individual outlet and vending machine.

This is important because the Healthy Options WA Policy stipulates that menus will have:

- A minimum of 50% **Green** foods and drinks.
- A maximum of 20% **Red** foods and drinks.
- The remainder to be **Amber** foods and drinks (approximately 30%).

Please refer to the sample calculation below to assist you in completing this step.

Sample calculation	TOTAL of all products ( <b>Green</b> + <b>Amber</b> + <b>Red</b> )	=	64	
	<b>TOTAL Green</b>			
	<hr/>	x 100	=	$\frac{26}{64} = 0.40 \times 100$
	TOTAL of all products			= 40%
	<b>TOTAL Amber</b>			
	<hr/>	x 100	=	$\frac{17}{64} = 0.265 \times 100$
TOTAL of all products			= 27%	
<b>TOTAL Red</b>				
<hr/>	x 100	=	$\frac{21}{64} = 0.328 \times 100$	
TOTAL of all products			= 33%	

You can complete your own calculations for your menu on the following pages.

# Assessment results

Date: \_\_\_\_\_

Health Service: \_\_\_\_\_

Outlet type (e.g. café, vending machine): \_\_\_\_\_

**Step 1:** Count all the individual items you have listed on the assessment template

TOTAL of all products ( Green + Amber + Red ) = \_\_\_\_\_

**Step 2:** Work out the percentage of Green food and drinks

$\frac{\text{TOTAL Green}}{\text{TOTAL of all products}} \times 100 = \text{_____ \%}$

**Step 3:** Work out the percentage of Amber food and drinks

$\frac{\text{TOTAL Amber}}{\text{TOTAL of all products}} \times 100 = \text{_____ \%}$

**Step 4:** Work out the percentage of Red food and drinks

$\frac{\text{TOTAL Red}}{\text{TOTAL of all products}} \times 100 = \text{_____ \%}$

**Step 5:**

With your percentages completed, the menu assessment process is finished. The next step is to consider the results against the policy recommendations.

Your menu may be well on the way to meeting the Healthy Options WA policy, while others may need some inspiration and ideas to move in the right direction.

# Healthy Options Display Requirements

## What do we mean by displayed?

A *display area* is the space within the outlet that is available to place food and drinks on view to customers. It includes fridges, freezers, shelving space and display cabinets.

At least 50 per cent of each display area should be occupied by **Green** items - this will encourage people to purchase healthier items by making them the easier choice.

In larger stores you may find it easier to divide the overall display area into smaller separate areas, such as fridges, freezers and shelving space, and then consider how items are displayed in each of these areas. Smaller outlets or shops may prefer to consider their display area to be the entire shop.

You are not expected to calculate exactly the surface area occupied by **Red**, **Amber** or **Green** items. However, you must follow the intention of the policy, which is to ensure that your shop stocks a majority of **Green** items (50 per cent) and that you have more **Green** items visually available for sale. No more than 20 per cent of the space in your displays should be taken up by **Red** items.

Where possible **Green** items should be placed on the shelves and displayed in a way that makes them easily accessible by customers (for example at eye level or at the front of counters).

Here are some questions to help you determine if your food and drink displays are meeting the Healthy Options WA Policy requirements.

**A. Are you promoting healthier options on your menu and at point of sale?** For example, next to the cash register.

Yes / No

If **no**, you could consider placing some additional **Green** items on your menu and including more **Green** items in displays next to the cash register.

**B. Are you displaying healthier options in a way that makes healthier food choices easier, with no more than 20 per cent Red options displayed in your outlet?** E.g. fridges, freezers, display cabinets and shelving.

Yes / No

If **no**, you could consider replacing some of the **Red** items in your display area with healthier **Green** items. Remember eye level is buy level, so it is best to place **Green** items at eye level in fridges and display cabinets.

**Are you promoting or advertising Red items?**

Yes/No

If **yes**, this is not permitted under the Healthy Options WA Policy. Only **Green** items are permitted to be actively promoted.

### Questions or feedback?

Please contact the Healthy Options team via email - [healthyoptions@health.wa.gov.au](mailto:healthyoptions@health.wa.gov.au)



