



## Guidelines for Monitoring and Ensuring Compliance: *Healthy Options WA Policy*

The *Healthy Options WA: Food and Nutrition Policy for WA Health Services and Facilities* stipulates that all hospital-based food outlets and vending machines for outpatients, visitors and staff will:

- Increase the range and availability of healthy foods and drink options by stocking a minimum of 50% **green** foods and drinks, no more than 20% **red** food and drinks and the remainder of options being **amber** (approximately 30%).
- Promote **green** healthy food and drink options at point of sale.
- Reduce unhealthy food and drink options to no more than 20% of food offered or displayed.

In accordance with the *Healthy Options WA* policy, compliance will be determined by undertaking a stock take of each category (**green**, **amber** and **red**) displayed at each outlet, based on the total number of different product items offered or displayed.

The following guidelines outline:

1. How to calculate the number of items offered in each category.
2. How to determine that items are displayed correctly.

To ensure compliance with the *Healthy Options WA* policy, **BOTH** sets of guidelines must be adhered to.

### 1. Calculating the number of items in each category

For the purpose of this document an *item* refers to a single type of product or product line. For example a 500ml bottle of water is considered to be one item, regardless of the number of bottles of this product available for sale from an outlet. Different sizes or varieties (e.g. water with lime, or lemon flavour) of water products are considered to be different items.

The number of items in the **green**, **amber** and **red** category can be easily determined by producing a list of all items that a particular food and/or drink outlet has available for sale<sup>1</sup>. Based on the nutritional content of each item, every item must then be categorised as either a **green**, **amber** or **red** item<sup>2</sup>. The item list should then be divided into the three different categories. Based upon the total number of all items, the percentage of **green** items must be at least 50%, **red** must not exceed 20% with the remainder of items being **amber**.

---

<sup>1</sup> Refer to the outlet product list and percentage assessment tool in appendix 1.

<sup>2</sup> There are several tools that can assist in determining the correct category for a food or drink item. These tools include the *Healthy Options WA: Food and Nutrition Policy for WA Health Services and Facilities* (refer to Appendix 2: Nutritional criteria to distinguish **Red** and **Amber** foods and drinks or Appendix 3: Guidelines for freshly prepared meals. In addition, the *Using Nutrition Information Panels* resource can assist to determine the item category based on an assessment of the item's nutrition information panel visit: [http://www.healthyoptions.health.wa.gov.au/caterers/info\\_panels.cfm](http://www.healthyoptions.health.wa.gov.au/caterers/info_panels.cfm) .

For example:

Type food outlet	Total number of all items offered	Green items		Amber items		Red Items	
		Number	Percentage of total	Number	Percentage of total	Number	Percentage of total
Kiosks, canteens and cafes	10	5	50%	3	30%	2	20%
	20	10	50%	6	30%	4	20%
	40	20	50%	12	30%	8	20%
Vending machines	20	10	50%	6	30%	4	20%
	30	15	50%	9	30%	6	20%
	40	20	50%	12	30%	8	20%
Food trolleys	30	15	50%	9	30%	6	20%
	50	25	50%	15	30%	10	20%
	60	30	50%	18	30%	12	20%
Menu items	10	5	50%	3	30%	2	20%
	20	10	50%	6	30%	4	20%

## 2. Determining that items are displayed correctly

For the purpose of this document a *display area* is defined as the available space within the outlet. In larger outlets, display areas may be further defined into other separate areas such as fridges, freezers and shelving space. Smaller shops may consider their display area to be the entire shop (not including areas occupied by non-food or drink items).

Display areas must allow for greater prominence of **green** items, followed by **amber** items and then **red** items. Specifically, each display area must allow for at least 50% of the area to be occupied by green items, and no more than 20% occupied by red items. Outlets are not expected to calculate exactly the surface area occupied by various items, however they must follow the intention of the Policy which is to ensure that shops not only stock a majority of **green** items, but they also look like they have more **green** items available for sale.

For example **green** items should occupy the majority of the surface area of the outlet and be placed at eye level. For example position water as the most prominent drink and at eye level in fridges. **Red** items should be placed on lower or higher shelves that are away from the cash register and out of children's reach.

In addition, in all display areas **red** items are not permitted to be promoted or advertised, including any point of sale signage, advertising or inclusion in promotional materials. Only **green** items are permitted to be actively promoted, **amber** items may be promoted in exceptional circumstances.<sup>3</sup>

<sup>3</sup> Further information is provided, including exceptional circumstances that allow for the promotion of **amber** food or drink items, in the resource *Guidelines to ensure Appropriate Promotion and Advertising*.

Restocking of all categories of items is permitted at any time. In circumstances where items are sold out, such as **green** sandwiches or rolls, the vacant area should only be filled with other **green** items.

### **Frequency of monitoring requirements**

In accordance with the *Healthy Options WA* Operational Directive full compliance to the *Healthy Options WA* policy will be mandatory in all WA Health services and facilities from 1 October 2009.

In addition, Executive Directors will be required to report on their progress towards full implementation of the policy on 1 October 2010. As part of the reporting requirements, food and drink outlets will need to monitor their compliance with the Policy. In accordance with the Policy it is the responsibility of each Area Health Service for ensuring they are compliant.





**Health Services  
Percentage Assessment Tool**

**STEP 1:** How many individual food and drink items, in **total** are on offer? (Green, Amber and Red together).

TOTAL A \_\_\_\_\_

**STEP 2:** How many individual food and drink items are 'GREEN'?

TOTAL B \_\_\_\_\_

**STEP 3:** How many individual food and drink items are 'AMBER'?

TOTAL C \_\_\_\_\_

**STEP 4:** How many individual food and drink items are 'RED'?

TOTAL D \_\_\_\_\_

---

**STEP 4:** To obtain the percentage of 'GREEN' food items sold:  
Divide TOTAL B by TOTAL A and multiply by 100

$$\frac{(\text{TOTAL B})}{(\text{TOTAL A})} \times 100 = \text{_____}\%$$

**STEP 5:** To obtain the percentage of 'AMBER' food items sold:  
Divide TOTAL C by TOTAL A and multiply by 100

$$\frac{(\text{TOTAL C})}{(\text{TOTAL A})} \times 100 = \text{_____}\%$$

**STEP 6:** To obtain the percentage of 'RED' food items sold:  
Divide TOTAL D by TOTAL A and multiply by 100

$$\frac{(\text{TOTAL D})}{(\text{TOTAL A})} \times 100 = \text{_____}\%$$



Delivering a **Healthy WA**



**Government of Western Australia**  
Department of Health