

Building a Healthier Eating Environment in Alberta Health Services

10 Years of Accomplishments



AHS Staff have Spoken!¹
70% feel **all** (100%) or **almost all** (>75%) food and drinks in AHS-operated cafeterias and coffee shops should be healthy.



2011–present: Engaged AHS Workplace Health & Safety

2011: Launched **Healthy Eating Environment Policy**



2011: Created **Healthy Eating Starts Here** campaign



2011–present: Removed most deep fat fryers

2013: Launched AHS staff **Healthy Eating Challenge**



2015: Created **Nutrition Guidelines for Food and Beverages in AHS Facilities**

SPOT THE DOT!
For Healthier Food Choices

2015: Piloted Spot the Dot point of purchase program and shared program learnings

2018: Replaced sugar-sweetened beverages at Rockyview General Hospital & Alberta Children's Hospital. Received AHS' **President's Excellence Award**.



2015/2018: Developed tool and audited all AHS-operated cafeterias and coffee shops

2018–2019: Launched vending machine audits



Healthy Eating Environment **Star Awards**



2019: Recognized **Healthy Eating Environment achievements** by AHS-operated cafeterias and coffee shops

The Road Ahead

1. Increase consistency of practices among sites
2. Continue to limit and replace unhealthy food and beverage choices in AHS-operated cafeterias and coffee shops
3. Continue to work with non AHS-operated retail food outlets to provide healthy options

How the 121 AHS-operated cafeterias and coffee shops are meeting staff needs

- 92% offer grilled, steamed, or baked entrees²
- 84% offer side salads and vegetables daily²
- 86% offer whole grain breads, buns, and sandwiches²
- 89% have free water available²
- 52% do not sell sugar-sweetened beverages²
- 89% do not offer candy or chocolate²

For more information: Visit: www.ahs.ca/hee
Email: HealthyEatingEnvironment@ahs.ca

1. AHS Human Resources (2016). Employee Wellness Survey Nutrition Results. Alberta Health Services
2. AHS Nutrition and Food Services (2018). Food Outlet Survey Results. Alberta Health Services