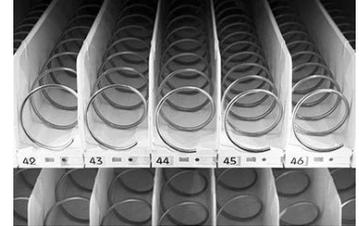


Making Healthy Vending a Reality in Alberta

Goals

The goal of the study was to learn about the facilitators and barriers to starting healthy vending in different settings across Alberta. We invited key people from various areas of vending to share their experiences and discuss what supports they needed to start and maintain healthier vending. This was a key step to help Alberta Health Services develop a healthy vending toolkit in order to support groups and organizations in Alberta to adopt healthy vending programs.



Study Design



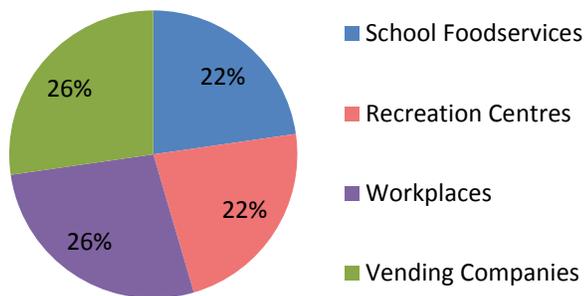
In total, 23 telephone interviews were done between February and June of 2013. Those interviewed were involved in vending within recreation centres, schools, workplaces, and at vending companies across Alberta. Questions were asked to capture the steps that individuals or groups took towards healthy vending, as well as the barriers and facilitators they experienced with healthy vending. Interviews were audio recorded and then analyzed.

Key Findings

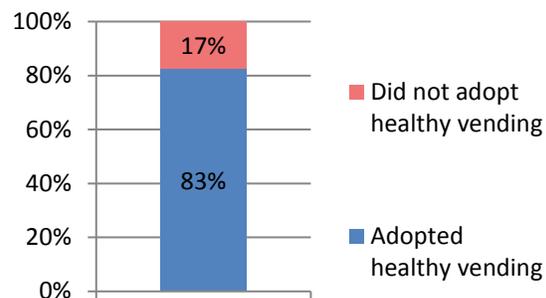
About the participants

As shown, participants represented four areas of vending and most had already adopted healthy vending. Those who had healthier vending were asked questions about their experience.

Who was represented in interviews?

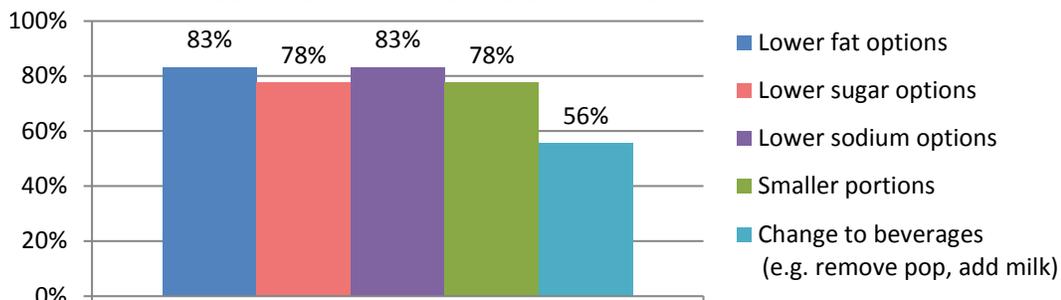


How many had adopted healthy vending?



What changes had been made to vending machines?

Those who had changed to healthier vending were asked about the types of changes they made in their machines. Their answers are shown below.



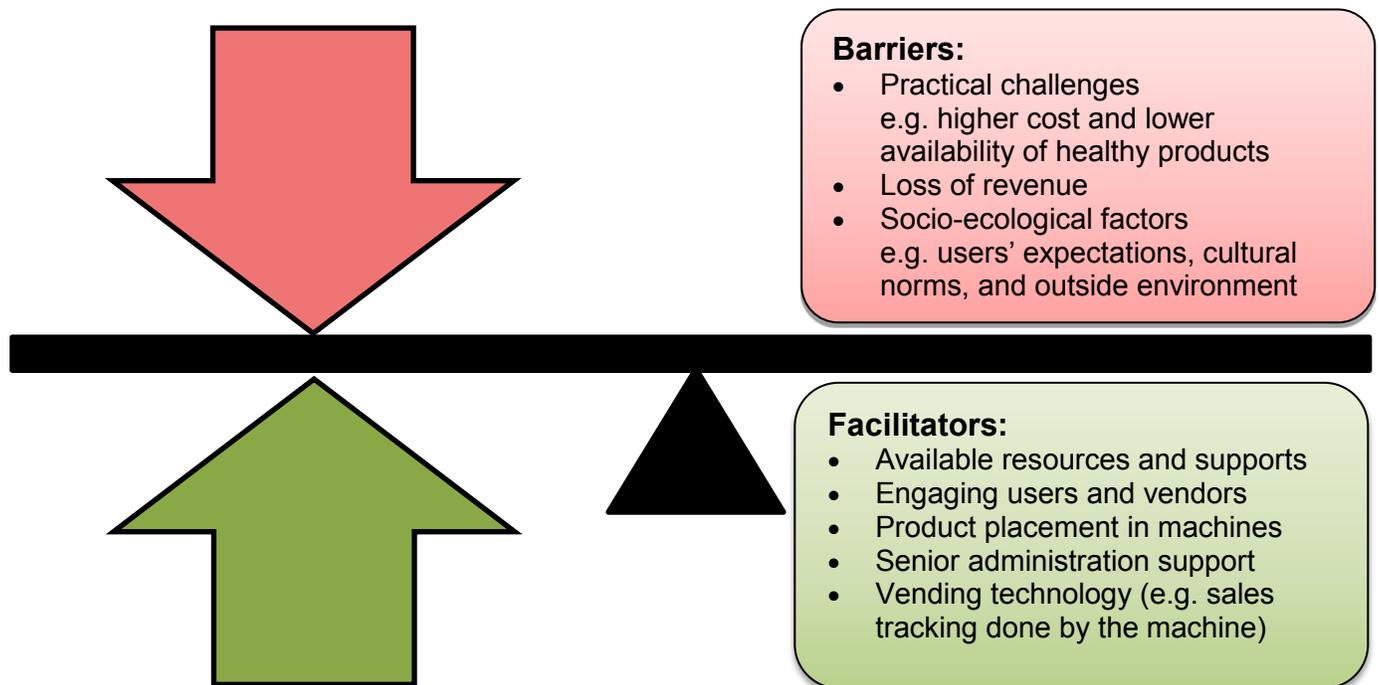
Why was healthy vending adopted?

Those who had adopted healthy vending commonly stated that they were personally motivated by their own health, children or families or that it was “the right thing to do”. Adopters often stated they needed “to practice what they preached” and wanted to align vending with their organization’s mandates or nutrition policies. In other cases, adopters mentioned that being approached by a company that offered healthy vending helped move healthy vending forward.



Balancing Barriers and Facilitators to Healthy Vending

Adopters described that changes to machines happened gradually and through various facilitators that helped to overcome barriers that arose, as represented below.



Healthy Vending Toolkit

The Alberta Health Services Healthy Vending Toolkit was created after considering the barriers and facilitators to healthy vending, a scan of other healthy vending resources, and a literature review for best practices. Tools, resources, and tips for schools, recreation or community centres, and workplaces are provided throughout the toolkit.

Actions

Use the Healthy Vending Toolkit. Find it by visiting www.healthyeatingstartshere.ca, click on [Healthy Eating in the Community](#) and look for the [Healthy Vending Toolkit](#). If you are interested in getting in touch with a Public Health Dietitian in your community, please contact publichealthnutrition@ahs.ca.

Acknowledgements

We would like to thank our key informants for their time, interest and collaboration.