LETHBRIDGE’S Recreation Facilities

2018/2019

NUTRITION REPORT CARD SUMMARY

On Food Environments for Children & Youth

UNIVERSITY OF ALBERTA SCHOOL OF PUBLIC HEALTH

ALBERTA INNOVATES

BENCHMARKING FOOD ENVIRONMENTS
Road map to help children & youth thrive in Lethbridge’ food policy environment

- **Supportive Policies**
  - Recommendations

- **Benchmarking Food Environments**

**Based on Indicator Data collected in Lethbridge and Alberta's 2018 Nutrition Report Card on Food Environments for Children and Youth. The full and summary report are available online at:** [https://abpolicycoalitionforprevention.ca/evidence/albertas-nutrition-report-card/](https://abpolicycoalitionforprevention.ca/evidence/albertas-nutrition-report-card/)
The Lethbridge Mini Nutrition Report Card on recreation facilities was conducted in 2018/2019 as a local initiative with the Benchmarking Food Environments project, based out of the School of Public Health at the University of Alberta, co-led by Drs. Kim Raine, Candace Nykiforuk, Katerina Maximova, and Dana Olstad. The aim is to develop the annual Alberta Nutrition Report Card on Food Environments for Children & Youth, assess its impact, and engage local communities in monitoring their own food environments.

Alberta’s Nutrition Report Card

To ensure environments provide and encourage healthy food choices, it is helpful to understand the current landscape, and how current policies and actions may act as barriers or facilitators to positive change (Rudelt et al, 2014; Mikkelsen et al, 2014). Once we have a better understanding of the policy landscape within eating environments, we can devise goals to move towards healthier eating options within those environments.

Five annual assessments of how Alberta’s food environments and nutrition policies support or create barriers to improving children’s eating behaviours and body weights have been completed to date. The Nutrition Report Card serves as a tool to identify areas that require action. The goal is to increase awareness among the public, practitioners, and policy makers of the relevance of food environments for health promotion and obesity prevention.

INFORMAS (International Network for Food and Obesity/Non-Communicable Disease Research, Monitoring and Action Support), has outlined the Framework to monitor benchmarks relevant to food environments, which we used in creating the Indicators and Benchmarks in this Nutrition Report Card.

Brennan et al (2011) provided a comprehensive overview of policy and environmental strategies to reduce obesity and improve children and youth’s health-related behaviours, which we incorporated into the Nutrition Report Card as well.

This conceptual framework depicts how policies and environments interact to shape children’s health-related behaviors and body weights.

Five environments: physical, communication, economic, social, and the political form the structure of the Nutrition Report Card (Brennan et al, 2011; Swinburn et al, 1999).

Three major settings have the greatest relevance to children and youth’s: schools, childcare, and community settings.
The provincial Nutrition Report Card is organized into the 5 Environments, Categories (broad descriptive categories within the 5 environments), 37 Indicators (within each category in which actions & policies will be assessed) and their best-practice Benchmarks (strong policies & actions).

In 2019, an Expert working group of 13 academic experts and representatives from non-governmental organizations across Canada with expertise related to childhood obesity, eating behaviors, food environments and nutrition policy convened to evaluate the available evidence for Alberta’s fifth Nutrition Report Card.
### Indicators and Benchmarks

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Benchmarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. High availability of healthy food in school settings</td>
<td>Approximately ¾ of foods available in school settings are healthy.</td>
</tr>
<tr>
<td>2. High availability of healthy food in childcare settings</td>
<td>Approximately ¾ of foods available in childcare settings are healthy.</td>
</tr>
<tr>
<td>3. High availability of healthy food in community settings: Recreation Facilities</td>
<td>Approximately ¾ of foods available in recreation facilities are healthy.</td>
</tr>
<tr>
<td>4. High availability of healthy food vendors</td>
<td>The modified retail food environment index across all census areas is ≥ 10.</td>
</tr>
<tr>
<td>5. Limited availability of unhealthy food vendors</td>
<td>Traditional convenience stores (i.e. not including healthy corner stores) and fast food outlets not present within 500 m of schools.</td>
</tr>
<tr>
<td>6. Foods contain healthful ingredients</td>
<td>≥ 75% of children’s cereals available for sale are 100% whole grain and contain &lt; 13g of sugar per 50g serving.</td>
</tr>
<tr>
<td>6. a. Foods meet Health Canada’s Phase III Targets for Sodium Reduction</td>
<td>≥75% of processed foods (breakfast cereals, infant &amp; toddler foods, bakery products) available for sale meet Health Canada’s Phase III targets for sodium reduction.</td>
</tr>
<tr>
<td>7. Menu labelling is present</td>
<td>A simple and consistent system of menu labelling is mandated in restaurants with ≥ 20 locations.</td>
</tr>
<tr>
<td>8. Shelf labelling is present</td>
<td>Grocery chains with ≥ 20 locations provide logos/symbols on store shelves to identify healthy foods.</td>
</tr>
<tr>
<td>9. Product labelling is present</td>
<td>A simple, evidence-based, government-sanctioned front-of-package food labelling system is mandated.</td>
</tr>
<tr>
<td>12. Restrictions on marketing unhealthy foods to children</td>
<td>All forms of marketing unhealthy foods to children are prohibited.</td>
</tr>
<tr>
<td>13. Nutrition education provided to children in schools</td>
<td>Nutrition is a required component of the curriculum at all school grade levels.</td>
</tr>
<tr>
<td>14. Food skills education provided to children in schools</td>
<td>Food skills are a required component of the curriculum at the junior high level.</td>
</tr>
<tr>
<td>15. Nutrition education and training provided to teachers</td>
<td>Nutrition education and training is a requirement for teachers.</td>
</tr>
<tr>
<td>Item</td>
<td>Description</td>
</tr>
<tr>
<td>------</td>
<td>-------------</td>
</tr>
<tr>
<td>16.</td>
<td>Nutrition education and training provided to childcare professionals. Nutrition education and training is a requirement for childcare professionals.</td>
</tr>
<tr>
<td>17.</td>
<td>Lower prices for healthy foods Basic groceries are exempt from point-of-sale taxes.</td>
</tr>
<tr>
<td>18.</td>
<td>Higher prices for unhealthy foods A minimum excise tax of $0.05/100 mL is applied to sugar-sweetened beverages sold in any form.</td>
</tr>
<tr>
<td>19.</td>
<td>Affordable prices for healthy foods in rural, remote, or northern areas Subsidies to improve access to healthy food in rural, remote, or northern communities to enhance affordability for local consumers.</td>
</tr>
<tr>
<td>20.</td>
<td>Incentives exist for industry production and sales of healthy foods The proportion of corporate revenues earned via sales is taxed relative to its health profile (e.g. healthy food is taxed at a lower rate and unhealthy food is taxed at a higher rate).</td>
</tr>
<tr>
<td>21.</td>
<td>Reduce household food insecurity Reduce the proportion of children living in food insecure households by 15% over three years.</td>
</tr>
<tr>
<td>22.</td>
<td>Reduce households with children who rely on charity for food Reduce the proportion of households with children that access food banks by 15% over three years.</td>
</tr>
<tr>
<td>23.</td>
<td>Nutritious Food Basket is affordable Social assistance rate and minimum wage provide sufficient funds to meet basic needs including purchasing the contents of a Nutritious Food Basket.</td>
</tr>
<tr>
<td>24.</td>
<td>Subsidized fruit and vegetable subscription program in schools Children in elementary school receive a free or subsidized fruit or vegetable each day.</td>
</tr>
<tr>
<td>25.</td>
<td>Weight bias is avoided Weight bias is explicitly addressed in schools and childcare.</td>
</tr>
<tr>
<td>26.</td>
<td>Corporations have strong nutrition-related commitments and actions Most corporations in the Access to Nutrition Index with Canadian operations achieve a score of ≥ 5.0 out of 10.0.</td>
</tr>
<tr>
<td>27.</td>
<td>Breastfeeding is supported in public buildings All public buildings are required to permit and facilitate breastfeeding.</td>
</tr>
<tr>
<td>28.</td>
<td>Breastfeeding is supported in hospitals All hospitals with labour and delivery units, pediatric hospitals, and public health centres have achieved WHO Baby-Friendly designation or equivalent standards.</td>
</tr>
<tr>
<td>29.</td>
<td>Healthy living and obesity prevention strategy/action plan exists and includes eating behaviours and body weight targets. A comprehensive, evidence-based childhood healthy living and obesity prevention/action plan and population targets for eating behaviours and body weights exist and are endorsed by government.</td>
</tr>
<tr>
<td>30.</td>
<td>Health-in-All policies Health Impact Assessments are conducted in all government departments on policies with potential to impact child health.</td>
</tr>
</tbody>
</table>
31. Childhood health promotion activities adequately funded

At least .01% of the Alberta provincial budget is dedicated to implementation of a whole of government approach to a healthy living and obesity prevention strategy/action plan, with a significant portion focused on children (health is accountable for earmarking prevention funding).

32. Compliance monitoring of policies and actions to improve children’s eating behaviours and body weights

Mechanisms are in place to monitor adherence to mandated nutrition policies.

33. Children’s eating behaviours and body weights are regularly assessed.

Ongoing provincial-level surveillance of children’s eating behaviours and body weights exists.

34. Resources are available to support the government’s childhood healthy living and obesity prevention strategy/action plan

A website and other resources exist to support programs and initiatives of the childhood healthy living and obesity prevention strategy/action plan.

35. Food rating system and dietary guidelines for foods served to children exists

There is an evidence-based food rating system and dietary guidelines for foods served to children and tools to support their application.

36. Support to assist the public and private sectors to comply with nutrition policies

Support (delivered by qualified personnel) is available free of charge to facilitate compliance with nutrition policies.

Mini Nutrition Report Card

The purpose of collecting community Indicator Data and creating this Mini Nutrition Report Card was to compare local data to established Benchmarks (note: Indicator #s in the Mini Nutrition Report Card match the Indicator #s in the table above), communicate results and recommendations to move toward sustainable strategies, and to assess progress over time to ensure environments provide and encourage healthy food choices. Your community decided to collect data for the following Indicators, in alignment with pursuing community interests for change in these areas. Lethbridge Recreation Facilities received an overall score of C.

Note: Choose Most Often (CMO), Choose Sometimes (CS), Choose Least Often (CLO) according to the Alberta Nutrition Guidelines for Children and Youth (ANGCY) are referenced throughout, see page 29 for definitions.
Impact of Benchmarking Food Environments on Policies and Actions to Promote Healthy Eating for Reducing Cancer Risk. Drs. Raine, Nykiforuk, Maximova, & Olstad. Funding for this project provided by Alberta Innovates.
## Physical Environment

### Overall Grade F

#### FOOD AVAILABILITY WITHIN SETTINGS

<table>
<thead>
<tr>
<th>INDICATOR</th>
<th>LETHBRIDGE GRADE</th>
<th>PROV. GRADE</th>
<th>LETHBRIDGE RECOMMENDATIONS</th>
</tr>
</thead>
</table>
| 3. High availability of healthy food in community settings | F | D | **Practice**  
- Move to work with existing contracts to increase the number of healthier beverage options available for customers and encourage use of existing water fountains. Use Rocky View Hospital examples https://www.albertahealthservices.ca/news/Page14034.aspx and from the attached and below examples  
- Reduce Choose Least Often choices by 5-10% each year  
- Increase Choose Most Often and Choose Sometimes Choices by 5-10% each year  
- Remove candy machines from recreation facilities.  
- The working group and University of Alberta interns to provide successful strategies (from Alberta Health Services and others jurisdictions) to food providers for making

→**BENCHMARK:** Approximately ¾ of foods available in public buildings are healthy

→**KEY FINDINGS:**

*note: Civic Centre, Enmax, Labor Club, & Nicholas Sheran had Indicator Data entered using the BFE Online Indicator Data Collection Tool, all others did not.

**Overall ANGCY rankings for all Lethbridge Rec Centres:**

**ANGCY Rankings for Recreation Centres in Lethbridge**

- 72% CMO
- 15% CS
- 13% CLO

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LOCAL ASSET
Chinook Food Connect Committee is working on free access to water in the community. Some of the sporting events bring in water for their outdoor events. This is the initiative for their local group to highlight with sports team for their future work.

ATB CENTRE

ATB Centre [note: The Lethbridge ATB Centre includes: 1. Curling [Operated by Lethbridge Curling Club], 2. Ice Arenas [Operated by City of Lethbridge] and 3. YMCA [YMCA operates: aquatics and fitness components] 4. It also houses the YMCA Westside Childcare Centre.

ATB Centre Curling Club – Main Floor: Vending foods were close to opposite the benchmark.

ATB Centre Second Floor, Upper Level Concession: Concession foods were close to opposite the benchmark. Water fountains present.

profits on healthier choices without food wastage.
  o Policy Role Model: Rockyview – offers salad bars ($40,000 biannually just in salads); use local and seasonal food; removed almost all Sugar Sweetened Beverages (may still have small cans of remaining); place healthy choices up front; cut beef increase lentils
  o Freeze leftover fruit and vegetables where possible to decrease food waste and then use as needed to make smoothies, soups, etc.

• Use success stories to serve as examples for action: Provide vendors with examples from other projects, e.g., attached before and after photos from the Chinook Regional Hospital vending machines, St. Albert (https://abpolicycoalitionforprevention.ca/wp-content/uploads/2016/12/st-albert-promoting-healthy-food-environments-in-the-city-of-st.-albert.pdf) and the City of Camrose

• Provide education to patrons and the public for improving healthier choices, e.g. Sugar Shocker Display, Choose Healthy Drinks (https://www.albertahealthservices.ca/nutrition/Page5624.aspx), Energy Drink Buzz
ATB Centre – YMCA: Concession and vending foods would need to increase CMO & CS foods another 27% to meet the benchmark. Water fountains present.

ENMAX

ENMAX Centre [City of Lethbridge]: Vending and concession foods scored more than opposite of the benchmark. Water fountains present.

Policy

- An example of a future vendor contracts could include a clause: The City of Lethbridge has committed to new lease agreements for the concession holding them to have at least 45% of food options from Choose Most Often and Choose Sometimes categories of the Alberta Nutrition Guidelines. The new beverage contracts feature only healthy beverages in machines and have expectations regarding the marketing that the face plates will only feature water products. [note: currently it is at about 30% CMO/CS so a small
ENMAX faces the following barriers to providing healthy food include:

- High cost of healthy food
- Existing contracts limits/prevents offering healthy food
- Limited demand for healthy food
- Lack facilities to store or prepare food

ICE ARENAS

Civic Ice Centre [Operated by City of Lethbridge]: Vending foods scored more than opposite of the benchmark. Water fountains present.

Henderson Arena [Operated by City of Lethbridge]: Concession foods were essentially opposite to the benchmark. Water fountains present.

Labor Club Ice Centre [Operated by City of Lethbridge]: Vending and concession foods scored more than

step would be to increase this to 45%; however, this could be adjusted as needed]

*Note although the ANGCV does not include diet pop for children, we realize that recreation facilities must have options for adults as well.
Logan Boulet Arena (formerly Adams Ice Arena) [Operated by City of Lethbridge]: Concession foods were essentially opposite to the benchmark. Water fountains present.

Nicholas Sheran Ice Centre [Operated by City of Lethbridge] and Nicholas Sheran Leisure Centre [Operated by Recreation Excellence]: Vending and concession foods were essentially opposite to the benchmark. Water fountains present.

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Funding for this project provided by Alberta Innovates.
The POOLS

**Fritz Sick Pool** [Operated by Recreation Excellence]: Vending foods were essentially opposite to the benchmark. Water fountains present.

![Pie chart showing food distribution at Fritz Sick Pool]

**Henderson Pool** [Operated by Recreation Excellence]: Vending and concession foods scored more than opposite of the benchmark. Water fountains present.

![Pie chart showing food distribution at Henderson Pool]

*Nicholas Sheran Leisure Centre also has a pool but Indicator Data is grouped with the ice arena (see above).*
Stan Siwik Pool [Operated by
Recreation Excellence]: Vending foods were opposite the benchmark. Water fountain present.

Westminster Pool [Operated by the Westminster Neighborhood Association]: Concession foods were essentially opposite to the benchmark. Water fountain available.
SEASONAL VENUES

Atso Towaasa Park [Operated by City of Lethbridge]: Concession foods would need to increase CMO & CS foods another 35% to meet the benchmark. Water fountains available.

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Lakeview Park – a concession, and no vending machine, no data to assess as food prep area was vacant; there was no sign of free access to water for the public (i.e. water fountains)

Lloyd Nolan Yard (in Dave Elton Park) [Operated by Prairie Baseball Academy]: Concession foods would need to increase CMO & CS foods another 39% to meet the benchmark. Potable water available.

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Lethbridge - Sports Park - There was a picnic area that could potentially have

Impact of Benchmarking Food Environments on Policies and Actions to Promote Healthy Eating for Reducing Cancer Risk_Drs. Raine, Nykiforuk, Maximova, & Olstad. Funding for this project provided by Alberta Innovates.
a concession and no vending machine; however, it was closed to the public therefore pictures were not taken. There was one water fountain that was available at the Sport Park.

**Softball Valley** *(Operated by the Lethbridge Softball Association)*: Concession foods would need to increase CMO & CS foods another 28% to meet the benchmark. Water fountains present.

**Spitz Stadium** *(Operated by Spitz Stadium President/GM)*: Concession foods were essentially opposite to the benchmark. No water fountain available.
**SERVUS SPORT CENTRE**

Servus Sport Centre [*Lethbridge Soccer Association*]: Concession and vending foods would need to increase CMO & CS foods another 43% to meet the benchmark. Water fountains present (note: water fountain was upgraded and replaced with a hydration station since data collection).

![Pie chart](chart1.png)

**UNIVERSITY OF LETHBRIDGE**

University of Lethbridge - 1st choice Savings Health and Wellness Centre [note: Max Bell Aquatic Centre is a part of the U of L 1st Choice Savings Health and Wellness Centre so combined Indicator Data.]: Vending and concession foods were close to opposite the benchmark. Water fountains present.

![Pie chart](chart2.png)
University of Lethbridge Community Sport Centre: Concession and vending foods were essentially opposite to the benchmark.

University of Lethbridge Temporary Canteen: Canteen foods scored more than opposite of the benchmark.
Val Matteotti Gymnasium [Operated by Lethbridge College]: Concession foods would need to increase CMO & CS foods another 27% to meet the benchmark.

Exhibition Park [events venue for agriculture, tradeshows, midways, rodeos, sporting events, weddings and catered conference meetings.] [Operated by an Agriculture Society which is governed by a Board of Directors representing members of the community]: Vending and concession foods scored more than opposite of the benchmark.
**Impact of Benchmarking Food Environments on Policies and Actions to Promote Healthy Eating for Reducing Cancer Risk**

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**Communication Environment**

**Overall Grade C**

**FOOD MARKETING**

<table>
<thead>
<tr>
<th>INDICATOR</th>
<th>LETHBRIDGE GRADE</th>
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</tr>
</thead>
</table>
| 11. Government-sanctioned public health campaigns encourage children to consume healthy foods | F | C+ | Practice  
- Provide health promotion kits for healthy eating which include stickers to be placed on pieces of fruit to market healthy eating to kids.  
- Put up posters that show examples of healthy eating in venues that offer those foods.  
- Promote water fountains and hydration stations throughout the facilities in Lethbridge. Investigate providing refillable water bottles as part of the marketing strategy to promote access to water. |

**→ BENCHMARK:** Child-directed social marketing campaigns for healthy foods

**→ KEY FINDINGS:**

**ATB Centre/YMCA:** There is NO marketing of healthy eating to children in the rec centre.

**ENMAX Centre:** There is NO marketing of healthy eating to children in the rec centre.

**Labor Club Ice Centre:** There is NO marketing of healthy eating to children in the rec centre.

**University of Lethbridge - 1st choice Savings Health and Wellness Centre:** There is NO marketing of healthy eating to children in the rec centre.

**→ LOCAL ASSETS:**

- Healthy Eating posters are available from Nutrition Services
<table>
<thead>
<tr>
<th>INDICATOR</th>
<th>LETHBRIDGE GRADE</th>
<th>PROV. GRADE</th>
<th>LETHBRIDGE RECOMMENDATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>12. Restrictions on marketing unhealthy foods to children</td>
<td>A</td>
<td>F</td>
<td>Practice</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Celebrate that Lethbridge is doing better in this area, as there is no extra marketing of unhealthy food to children in many recreation facilities.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Remove small candy machines with cartoon graphics.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Policy</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Establish a policy that restricts marketing of unhealthy foods to children in city facilities.</td>
</tr>
</tbody>
</table>

**BENCHMARK:** All forms of marketing unhealthy foods to children are prohibited

**KEY FINDINGS:**

**ATB Centre/YMCA:** There is NO marketing of unhealthy eating to children in the recreation centre.

**ENMAX Centre:** The data collector was UNSURE if there was any marketing of unhealthy eating to children in the recreation centre.

**Labor Club Ice Centre:** There is NO marketing of unhealthy eating to children in the recreation centre.

**Nicholas Sheran Ice Centre:** Colourful graphics on the candy vending machines.

**University of Lethbridge - 1st choice Savings Health and Wellness Centre:** There is NO marketing of unhealthy eating to children in the rec centre.
## Economic Environment

### Overall Grade F

#### FINANCIAL INCENTIVES FOR CONSUMERS

<table>
<thead>
<tr>
<th>INDICATOR</th>
<th>LETHBRIDGE GRADE</th>
<th>PROV. GRADE</th>
<th>LETHBRIDGE RECOMMENDATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>17. Lower prices for healthy foods</td>
<td>F</td>
<td>n/a</td>
<td>Indicator #17 adapted to local level</td>
</tr>
</tbody>
</table>

→ **BENCHMARK:** Healthy food entrees/sides/snacks cost less than unhealthy ones

→ **KEY FINDINGS:** [Note: settings where Indicator Data was uploaded answered the BFE Online Tool question: ‘Generally speaking, does healthy food cost less than unhealthy food?’]

**ATB Centre/YMCA:** Healthy food does NOT cost less than unhealthy food.

**ENMAX Centre:** Healthy food does NOT cost less than unhealthy food.

**Civic Ice Centre:** Healthy food does NOT cost less than unhealthy food.

**Nicholas Sheran Ice centre and Nicholas Sheran Leisure Centre:** The data collector was UNSURE if healthy food costs less than unhealthy food; however, the cost of bottled water is the same as pop at this site = $3 at the canteen.

**University of Lethbridge - 1st choice Savings Health and Wellness Centre:** Healthy food costs less than unhealthy food.

**Research**

- Since the **University of Lethbridge** 1st Choice generally sells healthy food for less than unhealthy food, find out what strategies they using and see if they could be used in other settings?

**Practice**

- PPH Dietitian to share marketing tools using the 4Ps (Pricing, Promotion, Placement, Product) marketing approach with recreation centres
- Include marketing criteria around the 4Ps in RFPs as new contracts with vendors for recreation centres come up for renewal.
## Social Environment

### Overall Grade: B

#### BREASTFEEDING SUPPORT

<table>
<thead>
<tr>
<th>INDICATOR</th>
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<th>LETHBRIDGE RECOMMENDATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>27. Breastfeeding is supported in public buildings</td>
<td>B</td>
<td>B</td>
<td></td>
</tr>
</tbody>
</table>

→**BENCHMARK**: All public buildings are required to permit and promote breastfeeding.

→**KEY FINDINGS**:

**ATB CENTRE/YMCA**: Permits and facilitates breastfeeding, for example they have family rooms available and the pool would have those as well.

**1st choice Savings Health and Wellness Centre**: The data collector did NOT assess if the rec centre permits and facilitates breastfeeding.

**Research**
- First step find out which recreation facilities are promoting facilitating breastfeeding (e.g. if they have family change rooms).

**Practice**
- Display breastfeeding welcome signs/posters in all recreation facility.
- Display the international symbol for breastfeeding:
  ![International Symbol for Breastfeeding](image)
- Increase the number of suitable spaces for mothers to breastfeed (e.g. Not in a bathroom, but in a clean, semi-private and comfortable/quiet location).

**Policy**
- Ensure agency staff are aware of public legislation to support breastfeeding in public buildings [http://breastfeedingalberta.ca/breastfeeding-in-public/](http://breastfeedingalberta.ca/breastfeeding-in-public/)
- Create breastfeeding policies and post on recreation facility websites.

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### MONITORING AND EVALUATION

<table>
<thead>
<tr>
<th>INDICATOR</th>
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<th>LETHBRIDGE RECOMMENDATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>32. Compliance monitoring of policies and actions to improve children’s eating behaviours and body weights</td>
<td><strong>INC</strong></td>
<td><strong>C</strong></td>
<td><strong>Policy</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Start to amend vending contracts toward more CMO/CS foods</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Create healthy food policies at the City of Lethbridge level to influence multiple recreation facilities and to maintain consistency over time, despite changes in representation at City Council.</td>
</tr>
</tbody>
</table>

➔ **BENCHMARK**: Mechanisms are in place to monitor adherence to mandated nutrition policies

➔ **KEY FINDINGS:**

- Most recreation facilities do not have healthy eating policies but typically have vending contracts, which are **not** targeting healthy foods.

**Civic Ice Centre**

- The data collector was unsure if there is a food related policy in place.

**Nicholas Sheran Ice Centre & Nicholas Sheran Leisure Centre**

- Nicholas Sheran Ice Centre has 2 different vendors for their machines: drinks are with Vendo Co. and snack is with Chinook Custom Vending which also has a candy dispenser chained to it with only saying Beaver on it.
- Nicholas Sheran Leisure Centre has 1 vendor for both drink and snack machines, which is Chinook Custom Vending.

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<table>
<thead>
<tr>
<th>Location</th>
<th>Food Environment Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Labor Club</td>
<td>The data collector was unsure if there is a food related policy in place.</td>
</tr>
<tr>
<td>Fritz Sick Pool</td>
<td>Chinook Custom Vending for both drink and snack vending machines</td>
</tr>
<tr>
<td>ATB Centre</td>
<td></td>
</tr>
<tr>
<td>Lethbridge Curling Club</td>
<td>Lethbridge Curling club is the sole food provider in ATB centre</td>
</tr>
<tr>
<td></td>
<td>Vending machines are with Chinook Custom Vending</td>
</tr>
<tr>
<td>YMCA</td>
<td>The recreation centre has a food service contract in place. In addition, they have a Jugo Juice contract.</td>
</tr>
<tr>
<td></td>
<td>The YMCA supports Strong, Healthy Kids. YMCA believes every child deserves the opportunity to lead a healthy life, and healthy families are supported families.</td>
</tr>
<tr>
<td></td>
<td>Jugo juice contract is followed by YMCA staff and management</td>
</tr>
<tr>
<td>ENMAX Centre</td>
<td>The centre has a food service vending contract in place.</td>
</tr>
<tr>
<td></td>
<td>Contract with Pepsi</td>
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<tr>
<td></td>
<td>Monitoring the policy by complying with Pepsi’s contract</td>
</tr>
<tr>
<td>Servus Sport Centre</td>
<td>Concession: the rec centre is in charge of the concession themselves</td>
</tr>
<tr>
<td></td>
<td>Vending machines:</td>
</tr>
<tr>
<td></td>
<td>Coca-cola &amp; Dasani vending machines are with Dixie and Narco</td>
</tr>
</tbody>
</table>
Snack vending machines are with Crane National Vendors.

**Stan Siwik Pool:**

- Beverage and snack vending machines are with Chinook Custom Vending.

**Exhibition Park:**

- Beverage vending machine is with Chinook Custom Vending and snack vending machine is with Electronic Industries Corporation (Snackshop 500).

**Val Matteotti Gymnasium:**

- The concession is run by the Lethbridge College Culinary Program (Cafeteria)
- Beverage vending machines are with Dixie-Narco. Snacks machines are with Crane National Vendors.

**University of Lethbridge - 1st choice Savings Health and Wellness Centre:**

- The centre has a food-related policy or food service vending contract in place, but it was not specified.

**Max Bell Aquatic Centre:**

- Powerade beverage vending machines are with Coca-Cola Refreshment. Other beverage vending machines are with Dixie-Narco. Snack vending machine is with Dixie-Narco.

**University of Lethbridge Community Sport Centre:**

- The concession is controlled by the ENMAX Centre [City of Lethbridge].
- Beverage vending machine is with Coca-Cola Refreshment.
### CAPACITY BUILDING

<table>
<thead>
<tr>
<th>INDICATOR</th>
<th>LETHBRIDGE GRADE</th>
<th>PROV. GRADE</th>
<th>LETHBRIDGE RECOMMENDATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>35. Food rating system and dietary guidelines for foods served to children exists</td>
<td>A</td>
<td>A</td>
<td>Practice</td>
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</tbody>
</table>
| →BENCHMARK: There is an evidence-based food rating system and dietary guidelines for foods served to children and tools to support their application | | | • Support rec centres, to overcome barriers to implementing healthy eating guidelines.  
• Vendors use Food Checker to check how their foods are rating.  
• Utilize the many AHS Nutrition Services tools to assist in implementing healthy food provisions. |
| →KEY FINDINGS: | | | The ANGCY exists to support the provision of nutritious foods and beverages in recreation facilities, and at community events. |
| →LOCAL ASSETS: | | | • Healthy Eating in Recreation and Community Centres booklet, AHS Healthy Vending Toolkit |

#### Acknowledgements

Thank you to Trish York (Heart and Stroke and Skate Canada), Caylee Vogel (Coordinator of Lethbridge Be Fit for Life), Shawn Pinder (Owner of Runners Soul), Lori Harasem (City of Lethbridge Recreation and Leisure), Barb Belisle (Lethbridge Speed Skating Association), Paula McDonald (U of L Recreation), Professor Marc Bomhof (U of L Kinesiology), Kavita Atwal (U of A Student Intern), Korey Fung (U of A Student Intern), Lauren Tarr (U of A Student Intern), and Heather Mathur (AHS Population and Public Health Nutrition Services) and any other Lethbridge community members that contributed to the

Impact of Benchmarking Food Environments on Policies and Actions to Promote Healthy Eating for Reducing Cancer Risk. Raine, Nykiforuk, Maximova, & Olstad. Funding for this project provided by Alberta Innovates.
completion of the Mini Nutrition Report Card, as well as Alexa Ferdinands, Breanne Alyward, Trudy Tran and Alexis Millar for assisting with its development and finishing.

Glossary of Terms


**Choose Most Often (CMO)** – food closer to their “natural state”; low fat, adequate fibre, low salt.
Examples:
- fresh fruits and vegetables
- 100% juice
- whole grain products
- low fat milk, cheese, yogurt
- lean meats, eggs, nut butters, tofu, legumes

**Choose Sometimes (CS)** – provide some good nutrition but have added salt, fat and/or sugar.
Examples:
- salted nuts
- some refined grain products (white bread, white rice)
- higher fat and/or higher sugar dairy products
- processed meats

**Choose Least Often (CLO)** – high calorie, low nutrient foods.
Examples:
- chips, sugary cereal, cookies, chocolate bars
- candy, ice cream
- pastry, doughnuts
- pop, energy drinks, fruit flavoured drinks

**Healthy Foods:** 75% of food offered meets Choose Most Often and Choose Sometimes according to the Alberta Nutrition Guidelines for Children and Youth.
References


Contact Information:

Kim D. Raine, PhD, RD, FCAHS
Professor, School of Public Health
University of Alberta
4-308 Edmonton Clinic Health Academy
11405 – 87 Ave.
Edmonton, AB, Canada T6G 1C9
1 (780) 492-9415
Skype: kim.d.raine
Our website is: www.publichealth.ualberta.ca

Krista Milford, MSc
Project Coordinator, Benchmarking Food Environments
School of Public Health
University of Alberta
4-315 Edmonton Clinic Health Academy
11405 – 87 Ave.
Edmonton, AB, Canada T6G 1C9
Ph: 780-492-5911
Appendix A

History of previous City Council presentations requesting improvements in food and beverage choices in recreation centres in Lethbridge: Enmax Summary, March 2015 doc, May 2011 doc and a Sept 27 2010 City council meeting doc

History of previous City Council presentations requesting improvements in food and beverage choices in recreation centres in the drop box folder here: https://www.dropbox.com/sh/ltdlw3gj5ebuaav/AADnA1r6mwMlzamtT4BEVTAb?dl=0

There have been 3 presentations to date the Lethbridge City Council; the first presentation was in 2010 and then the latest was the youth led presentation with a focus on the Westside leisure centre in 2015.

Resolution from the very 1st presentation to the Lethbridge City Council:

Sept 27, 2010 - Item 5.6 (page 71) - AND FURTHER BE IT RESOLVED THAT Ms. Robinson be advised that the City of Lethbridge wishes to support the Healthy Weights Initiative.

Note: there are new boards, new people who don’t always have the history or knowledge of what has happened in the past; this might be useful to share with new board members.

The Youth Led project was successful to get better choices for the Westside Leisure Centre – ATB Centre (this includes the new YMCA, City Skating arenas and the Lethbridge Curling Club).

Here is a video about the work that the students led: https://globalnews.ca/news/1914583/lethbridge-students-want-healthy-choices-at-public-facilities/

- Sept 27, 2010 Item 5.6 and resolution on page 71: AND FURTHER BE IT RESOLVED THAT Ms. Robinson be advised that the City of Lethbridge wishes to support the Healthy Weights Initiative. (see Appendix B for document)

- The follow up to this presentation was a pilot project at the Enmax. (see Appendix B for document)

- The results of that pilot were presented to City Council on May 2011. (see Appendix B for document)

- Agenda from City Council for their presentation in March 2015. (see Appendix B for document)
April 29, 2011

To: City of Lethbridge Council
   City Manager
   Director of Community Services
   Recreation and Culture Manager

Fr: Kim Gallucci, GM ENMAX Centre

Report: Healthy Initiatives Program (season end review)

Summary:
The Healthier Choice program was started in October 2010 and ran for the 2010-2011 event programming season. This initiative proved successful in building awareness, providing healthier choice menu items to patrons and clients, and our program was met positively by the community. The ENMAX Centre initiated healthier choices option with certain menu products at the ENMAX Centre and in its vending machines located in the arenas, swimming pools, and City Hall. As we are committed to balancing this program with choice but not hindering our profit margin from this revenue stream.

We wanted to give the program every chance of being successful. The healthier choices menus was located in a particular area that could easily accessed within the ENMAX Centre, and we chose to extensively market the healthy choice option to our patrons. The outcome was marginal sales of products, but 50% higher than initially expected. Our patrons and community reaction was very positive to the healthier choices menu as people appreciated that there was some choice for their families.

It is our recommendation that we continue and grow the marketing of this program for the betterment of the community, continue to experiment with healthier choice products and expand our menu options in this category throughout our entire Food and Beverage division. As we grow the program and educate the public we believe this product line will grow. At the same time we will continue to offer current products that the public like as it is part of the experience of attending events at the ENMAX Centre, however, people will always have the opportunity to acquire healthier choices as we continue to add products.

Outlined below is our 2010-2011 program report, community comments, and a brief outline for next seasons initiatives.
Healthier Choices Program  
ENMAX Centre 2010-2011 Season

In October of 2010 ENMAX Centre made the decision to feature some healthier choice items in a dedicated location. To begin the season ENMAX Centre began selling the following items in the SW concession:

- Veggie Tray with ranch dressing dip
- Chicken Wraps on a white tortilla shell
- Chicken Caesar Salad
- Fresh Fruit Cup
- Yogurt Parfait with Granola
- Milk to Go- both chocolate and 2%
- Dole Juice- Apple and Orange (bottled)

Additional healthier choice items were offered as follows:

**NW Concession**
- Boneless, Skinless Grilled Chicken Breast Sandwich
- Veggie Burger

**Club Seat/Lounge Menu:**
- Chicken Wrap
- Veggie Tray

**Lounge Menu:**
- Veggie Platter with ranch dressing (6-8 people)

To educate/inform customers of healthier choice items a marketing strategy was undertaken in regards to what items were available and where they could be purchased. Included were:

- PA announcements during Hurricane games utilizing Twister to point out location during the announcements
- Draws to give away items, announcing that certain seats in a certain row and section had won an item
- Product sampling – staff handed out samples along the concourse and explained to people where they could purchase the item
- Discount coupons handed out at the entry doors. Coupons included: .50 cents off a yogurt parfait, $1 off a chicken wrap, $1 off Veggie Tray. The coupons had concession maps which listed menu options (see attached samples of coupons)

During this time ENMAX Centre began working collaboratively with Alberta Health Services. In February Alberta Health Services put out a press release and a media event was held at the ENMAX Centre. Interviews were conducted with a number of radio stations. The Lethbridge Hurricanes were involved as well. One of their players, Austin Fyten, was part of the interview. CTV Lethbridge news did a video interview.

The response by the public was positive including a large number of emails to City Hall. Positive letters of acknowledgement came from groups including Lethbridge Sports Council and the Dean of the University of Lethbridge-Faculty of Health Sciences.

The following week the healthy choice items were featured on “Scene and Heard” on Global TV. After the focus from the media ENMAX Centre reported a spike in sales for these products, though short lived.

The trend towards healthier choices is a gradual one, a trend that will continue to grow into the future. The most popular items during the season were the Grilled Chicken Breast Sandwich and the Veggie with Dip. The intent for the 2011-2012 season is to add more items to the available list. Items such as Cheese Strings, Baked Potato Chips and Dried Fruit Snacks.
Other initiatives will include offering celery and carrot sticks as a substitute for French fries with all burger combo’s that are served from the NW concession. ENMAX Centre is also considering offering smaller sized (kid friendly) tetra juice boxes in all concessions. The upcoming season will also see a new concession open at the north end of the facility. Though not finalized the plan is to have additional healthier choice items available at this location.

ENMAX Centre will be looking at innovative ways to feature and promote healthier choice items which may include:
- Concession features displayed on “Lite-Boards” or similar type menu board
- Specials listed on Monitors in concessions and at Points of Entry
- Eblasts to database of over 3500+ including: season ticket holders, City Employees, VIP Members, Community Groups and Sponsors.
- Posters/literature which can be displayed in house as well as being distributed within the community.

The SW concession will feature informative posters high lighting the benefits of healthier choices. Under consideration as well is dedicating a space for brochures or pamphlets that discuss benefits of healthier choice items being included in diets. This information is being supplied through Alberta Health Services.

The 2011-2012 season brings the opening of the new luxury suites. The compliment grows to a total of 24 suites. Menu’s for the suites will be developed over the next few months and will include classic standards such as Veggie Platters and in addition new platters such as a Fresh Fruit w/ Yogurt Dip Platter.

The spring of 2012 will see the new 230 seat lounge open on the upper level at the north end. Scheduled opening is just prior to the Women’s World Curling Championship. The menu to be offered will also include healthier choice items.

ENMAX Centre will continue working with our Vending Contractor to ensure that a variety of healthier choice items are available in all vending machines located in the arenas, swimming pools and City Hall.

ENMAX Centre will continue to work in conjunction with Alberta Health Services to continually develop and improve our program.

**ENMAX Centre Food & Beverage programming areas:**
ENMAX Centre:
- 6 concessions (upon completion of renovations in April 2012)
- Vending Machines
- 225 seat Lounge (completed April 2012)
- 24 suites seat Lounge (completed September 2011)

Concessions & Vending:
- Henderson Pool
- Henderson Arena
- Nicholas Pool
- Nicholas Arena
- Adams Arena
- Civic Ice
- Yates Centre
- Old Court House
- City Hall
- Fritz Sick
- Stan Siwick
- Labour Club

Possible future additions:
Twin Ice Arena – to be determined
Example of ad placed on vending machines, and some concession locations

**Eat for the health of it**

*Eat Smart!* Make a healthy snack choice.

**Choose Most Often**
- fresh fruits and vegetables
- 100% juice
- whole grain products
- low fat milk and cheese
- yogurt
- lean meats, eggs, nut butters, tofu, legumes

**Choose Sometimes**
- refined grain products
- higher fat and/or higher sugar foods
- processed meats
- salted nuts

**Choose Least Often**
- chips, sugary cereal, cookies, chocolate bars
- high fat crackers
- candy, ice cream
- pastry, doughnuts
- pop, energy drinks, fruit-flavoured drinks

**Eat Smart. Move More.**

Ad and poster used in our Healthier Choices campaign and at concessions
Example of marketing healthier product and location at games and events

ENMAX Centre—Burgers, Burgers, Burgers

This location has a variety of burgers including Cheese Burgers, Bacon Cheese Burgers, Grilled Chicken Burgers, Crispy Chicken Burgers & Veggie Burgers along with Tacos in a Bag, Holdiigs, Fries, Onion Rings, Poutine, Pretzels, Nachos, Popcorn & Novelty Ice Cream.

ENMAX Centre—Finger Foods

Finger Foods are now offered here including Chicken Nuggets, Pork Nuggets, Queso’s, Potato Munchers along with Tacos in a Bag, Fries, Onion Rings, Poutine, Holdiigs, Pretzels, Nachos, Popcorn & Novelty Ice Cream.

ENMAX Centre—Healthier Choices

On the lighter side this location now has Veggies & Dip, Yogurt Parfaits, Chicken Caesar Salad, Chicken Wraps, White & Chocolate Milk along with Tacos in a Bag, Pizza Pretzels, Nachos, Popcorn & Soft Ice Cream.

$1 Off Veggies & Dip - only available at the SW Concession

Present this voucher at the SW Concession of the ENMAX Centre and receive a $1 Discount off Veggies & Dip. Some vegetables available in season.
Not valid with any other offer. NO CASH BACK.
Valid to: January 28th, 2011

ENMAX Centre—Burgers, Burgers, Burgers

This location has a variety of burgers including Cheese Burgers, Bacon Cheese Burgers, Grilled Chicken Burgers, Crispy Chicken Burgers & Veggie Burgers along with Tacos in a Bag, Holdiigs, Fries, Onion Rings, Poutine, Pretzels, Nachos, Popcorn & Novelty Ice Cream.

ENMAX Centre—Finger Foods

Finger Foods are now offered here including Chicken Nuggets, Pork Nuggets, Queso’s, Potato Munchers along with Tacos in a Bag, Fries, Onion Rings, Poutine, Holdiigs, Pretzels, Nachos, Popcorn & Novelty Ice Cream.

ENMAX Centre—Healthier Choices

On the lighter side this location now has Veggies & Dip, Yogurt Parfaits, Chicken Caesar Salad, Chicken Wraps, White & Chocolate Milk along with Tacos in a Bag, Pizza Pretzels, Nachos, Popcorn & Soft Ice Cream.
Date of City Council Meeting: March 30, 2015

Subject: Healthy Food Choices in Public Recreation Facilities

Submitted By: Alberta Health Services; Lethbridge School District No. 51; Holy Spirit Roman Catholic Separate Regional Division No. 4

Presented By: Different presenters from among the stakeholders led by Lindsey Spring, Alberta Health Services

Request of City Council: Requesting that City Council consider working with the submission stakeholders in furthering health and wellness for youth and families by ensuring that there are healthy food choices in public recreation facilities.

Please note that this topic was recently brought up at the Joint City of Lethbridge/ School Districts Committee meeting. Mayor Chris Spearman recommended that in our submission to City Council for a presentation, we ask that consideration be given for the presentation be scheduled prior to the 2:30 break so that media follow-up can be planned in advance.

Purpose: The purpose of the request is to engage City Council in assuming an active leadership role with other partners in creating environments frequented by youth where health and wellness is a priority. Specifically, the stakeholders envision that healthy food choices in recreation facilities is an important step in structuring public environments that address the growing unhealthy weight issue for our youth.

Background: Alberta Health Services has taken an active role in working with stakeholders to promote health and wellness among youth. One area of focus has been healthy food choices. Support has been provided to both public school jurisdictions in the City of Lethbridge for instituting education, policy, and practices that promote healthy food choices. Both Lethbridge School District No. 51 and Holy Spirit have proactive measures in place (cafeteria choices, snacks in schools, fundraisers, vending machines, and so on) to guide healthy food choices. There is an abundance of research that points to the declining health in youth due, in part, to unhealthy food choices and obesity. We believe that community leaders need to work together in providing structures that address this issue with our youth.
I acknowledge that my presentation is limited to ten minutes.

Contact Information:
Name: Lyndsey Spring
Organization: Alberta Health Services
Address: 801 – 1st Ave. S, Lethbridge
Phone Number: (403) 388-6000 Ext. 3496
Email: Lyndsey.spring@albertahealthservices.ca
Date of City Council Meeting: May 16, 2011

Subject: Healthy Weight Initiatives - ENMAX Centre

Submitted By: Kim Gallucci, General Manager; ENMAX Centre;

Recommendation: That the report on the Healthier Choices initiative for the ENMAX Centre Food and Beverage program which provides alternative and healthier food selection for patrons and clients, be accepted and filed.

And further that the ENMAX Centre continue to grow the Healthier Choices program.

Purpose: This recommendation comes after Alberta Health Services had presented their healthy weights initiative to City Council September 27, 2010 requesting the ENMAX Centre concession and vendor food program become involved in the Healthier Choices Initiative. The ENMAX Centre was about to begin a small pilot project prior to Alberta Health Services request and their assistance and review was welcomed.

Background: The joint effort became a new test initiative for the ENMAX Centre 2010-2011 season because the ENMAX Centre has to balance the ability to sell food and beverage that is profitable and incorporate having healthy choices. Alberta Health Services and the ENMAX Centre agreed that our current menu had to remain due to its popularity; however, offering alternative healthier choices would allow a win-win situation for everyone. The ENMAX Centre took the initiative further by providing additional advertising related to the alternative healthier choices, offering discount coupons to try products, and Alberta Health Services reinforced this initiative with advertising development and placement, including media event, and other messaging. The result was a positive healthier food alternative made available to the public with easy access and awareness campaign. Although the food sales were low, it was agreed this will take some time to develop, and therefore our recommendation as outlined.

Options: Option 1: Continue to offer the healthier choices initiative with the following benefits to the community:
- Provides the community a healthier food and beverage alternative at ENMAX Centre concessions and throughout its vending food and beverage operation.
• Allows us to introduce new healthier initiatives, and keep the successful ones and exchange the unsuccessful products with new alternatives.
• We clearly identify on our vending machines and concessions healthier choice products to keep introducing them to the public.
• We will now expand the healthier choices initiative throughout the ENMAX Centre’s entire food and beverage program; this includes concession operations outside of the ENMAX Centre, and into our suite, lounge, and catering programs.
• The healthier choices initiative assists Alberta Health Services in their province wide messaging to citizens about choosing healthy products, and reducing obesity especially in children.

In time, we believe it may offer new opportunities to increase revenues for the ENMAX Centre Food and Beverage programming.

Option 2: Discontinue participating within the healthier choices initiative and continue to provide standard food and beverage selections which generate a higher return on investment.

SECTION TWO – RISK ANALYSIS AND IMPLICATIONS

Financial:
• The recommendation means a financial impact on utilizing staff time to implement this program and grow it.
• There is a financial impact on purchasing these products in smaller amounts means higher costs, and if not sold loss of product costs entirely; however, these are carefully monitored.
• Risk is limited to financial impact of choosing products that do not sell, and balancing time spent on researching healthier products to sell.

Organizational:
• This primarily takes Food and Beverage management and staff time to research products, source them, and monitor their success.
• It also consumes Marketing staff time to develop marketing materials, promotions, keep a fresh focus on these products.
• The ENMAX Centre coordinates with its clients that assist with vending operations and concessions to ensure there is focus on the healthier choices program.
• The ENMAX Centre will continue to develop its media and promotions campaign for choosing healthier products throughout the program. There is a sample of what has taken place in the past in the attached report.
• It is a positive initiative for the City of Lethbridge and the ENMAX Centre as seen by feedback from the
community in the attached report.

SECTION THREE – BRIEFING NOTES

Prior Decisions: This report and its time period was determined by City Council resolution following the Alberta Health Services request on September 27, 2010.

Public Input: Continue to work with Alberta Health Services on developing healthier choices and ensure our messaging is similar to theirs throughout this program and over the next several years. In addition, we gained valuable feedback from our patrons comments at events, through email from patrons, and through other forms of communication.

To continue expanding the Healthier Choices program throughout our Food and Beverage programming and continue finding positive healthier choices that the public will purchase on a regular basis. The ENMAX Centre will also continue the positive messaging of choosing a healthier lifestyle through food and beverage products.

Attachments: Attached is a report on the Healthier Choices program.

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Comments: _______________________________________________________________
_______________________________________________________________
• Lyndsey Robinson, Health Promotion Specialist, Chinook Health, re Healthy Weight Initiative

R.K. PARKER:

BE IT RESOLVED THAT the letter from Lyndsey Robinson, Health Promotion Specialist, Chinook Health, requesting an opportunity to present the “Healthy Weights Initiative” which is a provincial campaign promoting healthy weights in children and youth, be received as information and filed

AND FURTHER BE IT RESOLVED THAT Ms. Robinson and Ms. Lambden be thanked for their presentation

Alderman Dodic assumed the Chair

PRIOR TO A VOTE BEING CALLED ON THE ABOVE RESOLUTION, THE FOLLOWING AMENDMENT WAS PRESENTED BY MAYOR TARLECK AND ACCEPTED BY ALDERMAN PARKER:

AND FURTHER BE IT RESOLVED THAT Ms. Robinson be advised that the City of Lethbridge wishes to support the Healthy Weights Initiative.

Mayor Tarleck assumed the Chair

THE ORIGINAL RESOLUTION AS AMENDED WAS PRESENTED

-------------------------CARRIED

ACTION: City Clerk
Healthy Choices Vending Machine Template
HEALTHY CHOICES Vending Machine Template

As done by Chinook Custom Vending, 2010

Bag Slots:

- Baked Lays Southwestern Ranch
- Baked Lays BBQ
- Baked Lays Parmesan and Tuscan Herb
- Baked Doritos Nacho
- Baked Cheetos
- Baked Ruffles Cheddar and Sour Cream
- Baked Old Dutch Creamy Dill
- Baked Old Dutch Salt and Vinegar
- Baked Old Dutch Original
- Rold Gold Pretzel Thins
- Sun Chips French Onion
- Sun Chips Harvest Cheddar
- Puffed Wheat Square
- Rice Krispie Square
- Quaker Crispy Minis Crunchy Dill
- Quaker Crispy Minis Cheddar
- Quaker Crispy Minis BBQ

Bar Slots:

- Fiber Plus—Dark Chocolatey Almond
- Fiber 1 Oats and Chocolate
- Kashi Chewy Granola Bars—Trail Mix
- Special K Bar
- Oatmeal to Go—Oats and Honey
- Nature Valley Crunchy Granola Bar—Roasted Almond
- Sunrytype Fruit to Go Strips—Wildberry
- Sunrytype Fruit Source Bar—Strawberry
- Sunrytype Fruit Source Bar—Wildberry
- Kelloggs All Bran Bar—Original
- Kelloggs All Bran Bar—Honey Nut
- Nutrigrain Bar—Blueberry

And to analyze a product yourself, use the Alberta Nutrition Guidelines for Children and Youth online at: http://www.healthyalberta.com/AboutHealthyU/280.htm
Other Suggestions for Choose Most Often Snacks
Kellogg’s Nutri-Grain Munch’ems Bite Size Granola Snacks – Brown Sugar Cinnamon or Honey Oat (30 g)
Kellogg’s All-Bran Chewy Bars – Dark Chocolate Chip (35 g)
Kellogg’s Fibre Plus Bars – Chocolaty Peanut Butter or Dark Chocolaty Almond (36 g)
Quaker Chewy 25% Less Sugar Granola Bars: Honey Graham, Peanut Chocolate Chip, Cookies & Cream (24 g)
Quaker Muffin Bars – Banana & Oats, Blueberry & Oats (37 g)
Quaker Morning Minis Granola Bar – Cinnamon Sugar & Oats/Peanut Butter Flavour (26 g)
Quaker Oatmeal to Go Granola Bar – Brown Sugar & Cinnamon/Raspberry Streusel/Oatmeal Raisin/Apple with Cinnamon/High Fibre Maple Brown Sugar (60 g)
Quaker True Delights – Dark Chocolate Raspberry Almond, Toasted Coconut Banana Macadamia Nut, Honey Roasted Cashew Mixed Berry (35 g)
Christie Triscuit: Original, Rosemary & Olive Oil (30 g)
Christie Triscuit Thin Crisps: Parmesan Garlic (30 g)
Kar’s Blanched Peanuts (30 g)
Krispy Kernels Nuts Salted Blanched Peanuts (50 g)
Sunrype Fruit Bar – Fruit Source Bar – Strawberry/ Blueberry or Plus Veggie Bar with Raspberry (37 g)
Kettle Valley Dried Fruit Real Fruit Snack – Raspberry/Wildberry/Apricot (40 g)
Bare Fruit 100% Organic Fruit Chips – Cinnamon Apple, Fuji Apples Chips, Granny Smith (73 g)
Compliments Granola Bar – 8 Whole Grains Chewy Muesli/Banana Strawberry Chewy/Flax & Fibre Chewy Granola/ Raisin & Almond Chewy Granola/Triple Berry Chewy Muesli (30 g)
Mrs Mary’s Naturals Nut Trio Bar – Cranberry/Tropical/Strawberry/Blueberry (48 g)

Other Suggestions for Choose Sometimes Snacks
Kar’s Mango Pineapple Trail Mix – unsalted (45 g)
Krispy Kernels Nuts: Honey Roasted Peanuts (50 g), BBQ Flavour Peanuts
Cloverleaf, Goldseed or Ocean’s Tuna or Salmon Snack Kits
Ocean’s Fish Snack Kit – Pacific Salmon/BBQ Tuna/Light Tuna/Pacific Salmon Thai Salad/Light Tuna Sun-dried Tomato Salad/Light Tuna Italian Salad (98-170 g)
Craisins – sweetened dried cranberries (28.3 g)
Sunrype Fun Bites 100% Fruit Snacks – Very Cherry/Berry Blend/Zesty Raspberry, Wild Berry (18 g)
Green Tea Apple Chips – Original (22 g)
Compliments Granola Bar – Apple Berry Chewy/Blueberry & Yogourt Flavoured Chip Semi-Dipped/ Chocolate Chip Chewy/Chocolate Chip Chewy with 40% less fat/Smores Chewy/Trail Mix Chewy (26-38 g)
Nature Valley Crunchy Granola – Apple Crisp/Pecan Crunch/Sweet & Salty Cashew/Sweet & Salty Peanut/ Sweet & Salty Almond/Sweet & Salty Mixed Nut (35-42 g)
Quaker Yogurt Bar – Blueberry/Strawberry/Vanilla (35 g)
Christie Thinsations – Cheese Nips (21 g)
Pepperidge Farm Goldfish Baked Snack Crackers – Cheddar/Cheese Trio (28 g)
Dads Oatmeal Chocolate Chip Cookies (37.5 g)
Peek Freens Lifestyle Selections – Cranberry Citrus Oat Crunch (30 g)
President’s Choice Arrowroot Cookies (32 g)
Quaker Crispy Delights Cookie – Chocolately Drizzle/Cinnamon (20 g)
Flat Earth Baked Chips – Veggie Crisps – Tangy Tomato Ranch/Garlic & Herb Field (28 g)
Orville Redenbacher’s Popcorn Mini Sacs – Smart Pop (31 g)
Blue Diamond Almonds – Smokehouse (23 g)
Big Chief Beef Jerky – Teriyaki (12 g)
Jack Links X Stick Original/Stick Chilli/Bacon Cheddar/Pepperoni/Beef Steak Sweet Hot (28-35 g)
Oh Boy – Oberto Beef Jerky – Original/Hot & Sweet Beef Jerky/Teriyaki/Hickory Beef (28 g)
Background Information:

The City of Lethbridge and Healthy Weights: How Can We Work Together for Healthier Families in Lethbridge?

September 2010

For more information please contact:
Lyndsey Robinson
Health Promotion Coordinator, Healthy Weights
Alberta Health Services
Ph: 403-388-6655 (x3496)
Email: lyndsey.robinson@albertahealthservices.ca
Healthy Weights Background
The provincial Healthy Weights Initiative strives to promote healthy weights in children in order to decrease chronic disease and enhance health in future generations of Albertans. We do this, in part, through a Comprehensive School Health (CSH) approach which takes into consideration the community, school and home environments that students live, learn and play in.

An important community setting: recreation facilities
There are over 11 recreation facilities in Lethbridge (eg. 5 pools, 7 arenas) where families access food services, the majority of which offer unhealthy choices. Research in similar venues across Canada finds that over 90% of arena users would like more healthy choices available in these venues. Encouraging and promoting healthy eating in recreation facilities would support the City’s Recreation & Culture vision “to contribute to personal well being and quality of life…(for all) the residents of Lethbridge.”

What Works, What Doesn’t…
As identified in a B.C. report on recreation facilities with nutrition policies; Healthy Weights can support city venues with these success indicators:
- marketing and promoting price incentives on healthy choices
- the availability of healthy products in vending machines
- visible identification of healthy products through food labeling
- improved awareness of provincial initiatives to increase well-being in the community
- staff education on nutrition

Healthy Choices Make Cents
Although there is currently limited research on recreation facilities with healthy food policies; we can expect the results would be similar to those found in schools implementing similar policies. The Ministries of Health and Education of BC published a report in 2008 titled “School Food Sales and Policies”, which showed nearly 60% of schools reported no impact on sales and profits after the first year of implementing nutrition guidelines, and a small percentage of schools reported an increase in sales. This report, along with many other studies, has shown that any loss in profits as a result of changing to healthy choices is short term.

How could the City of Lethbridge help?
One of the largest challenges in creating healthy environments and fostering healthy behaviours is accessing parents and families. This is where we would like to enlist the help of the City. Creating healthy community settings would impact all family members in all parts of Lethbridge.

Ideas for where to go from here:
1. Healthy weights would like this council to recommend that City Administration begin a dialogue with Alberta Health Services (Healthy weights Initiative) regarding healthier eating in public spaces where solutions can be found that work for all stakeholders.
2. Healthy weights would like to offer our consultation and support to City Administration to work toward healthier food offerings in Lethbridge’s recreation facilities and public spaces.
3. Pilot one recreation facility to offer healthy food choices (50% or more healthy food choices in canteens and vending machines). With lessons from pilot test, expand to provide these healthy choices at all City of Lethbridge recreation facilities.
Purpose:

1. To provide direction for consistent food and beverage provision within Department facilities and programs.
2. To increase availability of healthy choices in Department facilities and programs where food/beverages are served and sold.
3. To assist food/beverage contractors in identifying healthier food and beverage choices.
4. To provide a mechanism for evaluating and contracting Department food and beverage services.

Policy Statement:

1. New and renewed contracts which include food and beverage service in Department facilities and programs must include commitments that support Nutrition Standards (Appendix A) which consider choice, portion size, promotion and affordability.
2. The Department will purposefully include Nutrition Standards (Appendix A) which consider choice, portion size, promotion and affordability in our programs and services.
3. The Department will develop and support initiatives that encourage healthy lifestyle choices with respect to food and beverage service in our facilities and programs.

Scope/Application:
Recreation, Parks & Culture staff as well as contracted individuals involved in program and service delivery will adhere to this policy. Contractors involved in the provision of food and beverage service to Recreation, Parks & Culture facilities and events will adhere to this policy.

Authority/Responsibility to Implement:
1. Recreation, Parks & Culture Manager
2. Superintendents (or designate)

Approval History

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</table>
References/Links:
1. Canada’s Food Guide for Healthy Eating – Health Canada
2. Alberta Nutrition Guidelines for Children & Youth
3. BCRPA Municipal Recreation Food Environment Action Toolkit (MRFEAT)
4. Red Deer Public School Schools, Policy / Regulation 4.05.01 (Nutrition)
5. Making the Healthy Choice: Nutrition Policy & Recreation Facilities, Sarah Thomas, Masters Project, Simon Fraser University, Spring 2005

Inquiries/Contact Person:
Barb McKee, Collicutt Centre Supervisor, 403.358.7520
APPENDIX A - Nutrition Standards

Choice
- A variety of choices from the 4 food groups in the Canada Food Guide is necessary:
  - Fruits / Vegetable (raw or prepared with little to no added fat, sugar or salt) should always be available
  - Milk (skim, 1%, 2%) and 100% fruit/vegetable juices should be available. Water should always be available
  - Choices for lower-fat dairy products, leaner meats and foods prepared with little or no fat should be available
  - Options for nutrient rich cereals, breads and other whole grain products should be available.
  - Reduced salt and caffeine options should be included.
  - Focus to eliminate products containing trans fats
- Nutrition information will be made available for prepared foods, upon request.
- Vending will have a minimum of 25% of the selections focused on healthy food/beverage choices recommended in the Canada Food Guide.

Portion Size
- Individual portion sizes will be consistent with Canada’s Food Guide
- Less healthy options, that are not included on the Canada Food Guide, will be sold in small portion sizes
- Child friendly portions will be made available

Affordability
- Healthier food/beverage choices will be competitively priced relative to less nutritious food/beverage.
- Premiums will not be charged for healthier food options. A lower profit margin on healthier foods can be compensated for by an increased profit margin on less healthy foods
- Healthy food items will be put on sale to encourage purchase (eg., half the price of less healthy food choices)

Promotion
- Healthier food options will be displayed prominently and attractively.
- Healthier food/beverage options will be advertised in the same or more visible manner than less healthy options
- Healthier food/beverage options will be displayed alongside food of similar types (eg. Whole grain cereal bars next to chocolate bars, milk next to soft drinks)
- An identifiable rating system will be established to showcase nutrient-rich foods
Lethbridge: Healthy and Vibrant Public Spaces

Presented By:
Lyndsey Robinson, BKin, CSEP-CEP
Norah Fines, BSc, RD

Healthy Weights Initiative
Health Promotion, Disease & Injury Prevention

IMAGINE....
Food choices offered at a recreation facility…

Unhealthy vending machine
How’s this working for us?

• Over the past two decades, the proportion of overweight children and youth has grown tremendously in Canada, by more than 70% (Canadian Institute for Health Information, 2009)

• Obesity Crisis in Pop Culture
  - Michelle Obama’s “Let’s Move” Campaign
  - Jamie Oliver’s “Food Revolution”

So what?
Children’s health is in crisis…

Obesity is not the only issue:

“If the situation doesn’t improve soon, this generation of children – through no fault of their own – will experience a shorter lifespan than their parents due to the risk of developing life-threatening illnesses such as high blood pressure, type 2 diabetes and heart disease.

(Heart & Stroke Foundation, 2009, referring to lack of physical activity and poor eating habits of children and youth)

The solution is multifaceted…
IMAGINE.....

Healthy Vending Machine
A Menu with Healthy Choices

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Quesadilla</td>
<td>$2.00</td>
<td>Thinsations</td>
<td>$0.50</td>
</tr>
<tr>
<td>Grilled Cheese</td>
<td>$2.00</td>
<td>Pudding cup</td>
<td>$0.50</td>
</tr>
<tr>
<td>Tuna &amp; Crackers</td>
<td>$1.75</td>
<td>Oatmeal-to-go</td>
<td>$0.50</td>
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<tr>
<td>Pizza</td>
<td>$1.50</td>
<td>Cheese String</td>
<td>$0.40</td>
</tr>
<tr>
<td>Veggies &amp; Dip</td>
<td>$1.50</td>
<td>Milk (white/choc)</td>
<td>$1.25</td>
</tr>
<tr>
<td>Popcorn</td>
<td>$1.00</td>
<td>Juice box</td>
<td>$1.00</td>
</tr>
<tr>
<td>Yogurt &amp; Granola</td>
<td>$0.75</td>
<td>Bottled Water</td>
<td>$1.00</td>
</tr>
</tbody>
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Healthy Recipe for Success

Desire for change: Research in similar venues across Canada finds that over 90% of arena users would like more healthy choices available in these venues.
Healthy Recipe for Success

Financial viability:
Research continues to tell us that offering healthy choices produces revenues greater or equal to unhealthy choices in the long term.

Healthy Recipe for Success

The time is right:
- Enmax Centre renovations almost complete
- West Lethbridge Centre “hoping to attract new services”
- new Arts Centre
Healthy Recipe for Success

Tools for change are available:
- examples to follow
- provincial guidelines
- human resources

Lethbridge: Healthy and Vibrant

Encouraging and promoting healthy eating in recreation facilities would support the City’s Recreation & Culture vision “to contribute to personal well being and quality of life... (for all) the residents of Lethbridge.”
Questions?

For more information, please contact:

Norah Fines
Healthy Promotion Coordinator – Healthy Weights
Alberta Health Services
Ph: 403-388-6655 (x3496)
Email: norah.fines@albertahealthservices.ca
Appendix B

Coulee Climbing Centre [note: privately owned and operated]

- **Food services or sales offered**: concession and water fountains
- **Concession**:
  - **Coulee Climbing Centre ANGCY rankings**: 14% CMO, 43% CS, 43% CLO [would need to increase CMO & CS by 18% to meet benchmark]

- **Coulee Climbing Centre**: There is NO marketing of healthy eating to children in the rec centre.
- **Coulee Climbing Centre**: There is NO marketing of unhealthy eating to children in the rec centre.
- **Coulee Climbing Centre**: Healthy food does NOT cost less than unhealthy food.
- **Coulee Climbing Centre**: The data collector did NOT assess if the rec centre permits and facilitates breastfeeding.

Coulee Climbing Centre [note: privately owned/operated]

- The rec centre does not have any food-related policies or food service vending contracts in place.
Rockyview ‘drinks’ to healthy beverages
August 1, 2017

Rockyview General Hospital’s Deb Goulard, Senior Operating Officer, with a selection of newly expanded healthy beverage choices at the main cafeteria.

Removal of sugar-laden drinks aims to influence healthy lifestyle choices

There’s nothing sweet about the effects of consuming too much sugar, says a Calgary doctor who decided to spearhead changes at the Rockyview General Hospital (RGH).

“We were selling beverages that exceeded the total daily recommended intake of added sugar,” says Dr. Sheila Watson, an obstetrics and gynecology physician at RGH. “I thought I should bend the ear of those in the know and say, ‘Hey, can we do better, can we support healthy choices, can we come in line with what the Heart and Stroke Foundation recommends?’”

Some hard statistics backed up Watson’s request.

When consumed in excess, sugary beverages including pop, sweetened coffee and teas, energy and sports drinks, flavoured water and milk will be responsible for an estimated 63,000 deaths and more than $50 billion in healthcare costs over the next 25 years, according to research conducted by the University of Waterloo.

RGH site leadership agreed with Watson and took action. In collaboration with Nutrition and Food Services (NFS) a plan was developed to remove all sugar-sweetened beverages from AHS-operated retail outlets at RGH.
After extensive consultation with a diverse cross-section of stakeholders, NFS improved access to healthier beverages starting in April. Surveys conducted among staff, physicians, patients and visitors showed that 92 per cent of respondents were supportive of the decision to sell healthier beverages at RGH.

More than 100 beverages were audited, with 22 cold beverages removed and 26 new products introduced. Nutritionally-void beverages sweetened with added sugar, corn syrup or other caloric sweeteners were replaced with healthier options, including water, milk and soy beverages.

“It’s the right thing to do,” says Colin Porter, Director, Retail Food Services Calgary Zone. “As healthcare providers, we’re role models. We need to set the right example.”

In the roughly three months the program has been running, there has been no appreciable impact to beverage revenues at RGH. This is a clear indication to Porter that people understand and appreciate the efforts to offer healthy drink choices.

The early signs of success at RGH are promising. Porter’s hopeful all the research and groundwork his team has done will make it easier for other sites in the province to implement similar sugar-sweetened-beverage-removal programs.

“Provincially, we’re talking as a retail program about putting a package together that outlines the process step-by-step,” says Porter. “We want to share as much as possible with other sites about the successes and transition at Rockyview.”