

# Healthy Meetings Showcase



Many thanks to everyone who has returned scorecards and tweeted about our healthy meetings campaign (#healthymeetings). We were delighted that the British Medical Journal have joined in our dissemination and published a short piece entitled:

**“Time to stand up and make a difference”** (<http://www.bmj.com/content/351/bmj.h3141>).

We have had lots of feedback from meetings and thought it useful to showcase the recent annual conference for the International Society of Behavioral Nutrition and Physical Activity ([www.isbnpa.org](http://www.isbnpa.org)), which took place in June at the Edinburgh International Conference Centre ([www.eicc.co.uk](http://www.eicc.co.uk)), and was organised by Meeting Makers ([www.meetingmakers.co.uk](http://www.meetingmakers.co.uk)) for over 1200 delegates from 44 countries.

Very proud to show that Scotland can showcase #HealthyMeetings!

## Great to see: Healthy Food Options



### Wholegrain rolls

“Today’s healthy morning snacks make a good change from chocolate biscuits!”

“More healthy snacks and smaller portions: enough to satisfy but not excessive empty calories #healthy”



“The food (inc salad) was a particular highlight!”



Two salads for everyone each day



Fruit snacks (Loved the chopped watermelon, wee bowls of chopped strawberries, plum selection)



Wee wholemeal scones

And no pastries, deep fried items or creamy dips.

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## Great to see: Being Active & Less Inactive

### Active applause



“Great to see so much space devoted to standing in sessions, let’s make it a social norm!”

### Stair prompts

**Walk from the ground floor to here every day, and in a year you’ll have climbed one Munro...**

Take the stairs to raise your fitness level one step at a time

healthier Scotland  
Healthy Working Lives  
NHS Health Scotland

“Stand up! Take the stairs!”

### Ceildh dancing practice at lunch



“Ceilidh dancing taster at lunchtime”



### Room for standing in all meeting rooms



The ISBNPA conference scores 10 out of 10.

Remember to complete a scorecard after your meetings so we can collate more examples of good practice.

[Get more scorecards](#)

We are focusing on some specific aspects of meetings that can be relatively easily assessed, although there are other issues like portion sizes, avoiding sponsorship by food and drink companies, and sustainability considerations (e.g. plastic crockery/food waste/minimal waste), that are also important. Good taste and adequate quantities shouldn't be forgotten, and we also recognise the need to try and promote meetings that are held in places that are well served by public transport.

You can help support healthier meetings by:

- discussing the checklist with meetings' chairs
- providing feedback (your scorecard) to the organiser of meetings
- sharing your experiences of good practice with the SCPN
- helping us to promote, disseminate and reward examples of good practice

Please tell us about your experience of any meetings lasting over 4 hours and encompassing lunch:

Name of meeting:   
 Venue:  Date:

Healthy Meetings - score the following observations?	Yes	No
1. Fresh drinking water available at all times	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. Fruit available for all in easy to use servings	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. Vegetables available for all in easy to use servings	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4. Breads, grains, rice, pasta etc. (mostly in wholegrain form)	<input checked="" type="checkbox"/>	<input type="checkbox"/>
5. No pastries, deep-fried items, creamy sauces or dips	<input checked="" type="checkbox"/>	<input type="checkbox"/>
6. Low calorie desserts (<100 calories e.g. VERY SMALL portions of traditional desserts or yoghurt and/or fruit)	<input checked="" type="checkbox"/>	<input type="checkbox"/>
7. No sweets or savoury snacks (e.g. crisps)	<input checked="" type="checkbox"/>	<input type="checkbox"/>
8. Directions to the meeting prominent ACTIVE (read, e.g. walking, cycling)	<input checked="" type="checkbox"/>	<input type="checkbox"/>
9. Opportunities for hourly brief "snifter breaks" for meeting attendees	<input checked="" type="checkbox"/>	<input type="checkbox"/>
10. Chair encouragement to move, stand and/or stretch during the meeting (when feasible, or too disruptive and in keeping with participants' abilities and disabilities)	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	Score: <b>10/10</b>	

Comments:

Please return this form to:  
 SCPN, MailBox 7, Level 9,  
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 Email: [healthymeetings@conferencionscotland.org.uk](mailto:healthymeetings@conferencionscotland.org.uk)

Your name:   
 Your email address: