

Healthy Meetings Showcase



It is full steam ahead with our #HealthyMeetings initiative. Many thanks to everyone who has returned scorecards and tweeted about the campaign – we have followers from across the world – from Shetland to Western Australia. The latest journal to cover the concept is from The National Health Executive publication entitled **‘Every Contact Counts’** (<http://www.nationalhealthexecutive.com/Comment/every-contact-counts>) and we are delighted to learn that the British Dietetic Association are using the scorecard as part of #DietitiansWeek.

We have had lots of feedback from meetings and thought it useful to showcase the annual conference for the UK Society of Behavioural Medicine (<http://www.uksbm.org.uk>) which took place in December at the Hilton Hotel Newcastle Gateshead (www.hilton.com) and was organised by KC Jones Events (@KCJonesEvents). Lots of great papers and posters on changing behaviour so - where better to put healthy meetings into practice over a two day meeting?

Great to see: Healthy Food Options



Sea bass

“Great start to @UKSBM #UKSBM2015 this morning with lots of #HealthyMeetings snacks and water.”

“Great to see the fruit going down well at @UKSBM #UKSBM2015 pre-conference workshops.”



Fruit skewers

“Wonder if we got our portion sizes right at #UKSBM2015?”



Kale & chilli gnocchi with tomato broth



Healthy food selection (Great to see coconut brown rice, plenty of vegetables)



Water freely available throughout the day

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Great to see: Being Active & Less Inactive

Walking prompts



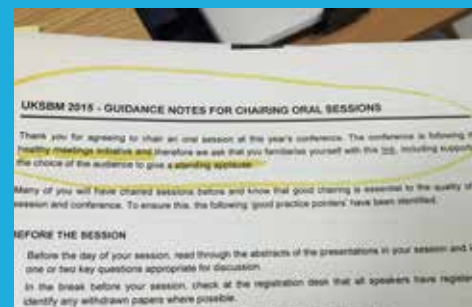
“Great to see so much space devoted to standing in sessions, let's make it a social norm!”

Standing height tables for lunchtime networking



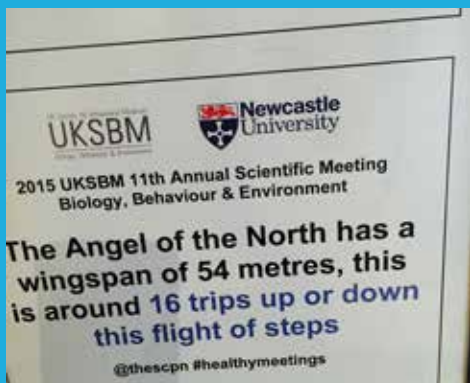
“What a great idea #HealthyMeetings @UKSBM! '@KCJonesEvents: Standing AGM #UKSBM2015'.”

Chair guidance for active applause



“Great to see this is now happening, hopefully start of a trend. '@UKSBM: Standing ovations at #UKSBM2015 #HealthyMeetings'.”

Stair prompts



Guess what? A standing AGM!



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

[Get more scorecards](#)

UKSBM 2015 - GUIDANCE NOTES FOR CHAIRING ORAL SESSIONS

Thank you for agreeing to chair an oral session at this year's conference. The conference is following the **Healthy Meetings Initiative** and therefore we ask that you familiarise yourself with the **top**, including supporting the choice of the audience to give a **standing applause**.

Many of you will have chaired sessions before and know that good chairing is essential to the quality of the session and conference. To ensure this, the following 'good practice pointers' have been identified.

BEFORE THE SESSION

Before the day of your session, read through the abstracts of the presentations in your session and for one or two key questions appropriate for discussion.

In the break before your session, check at the registration desk that all speakers have registered, identify any withdrawn papers where possible.

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 observed?	Yes	No
1. Fresh drinking water available at all times		
2. Fruit available for all to eat or to eat around		
3. Vegetables available for all to eat or to eat around		
4. Breads, grains, rice, pasta etc. (ready to eat/quick to cook)		
5. No pastries, deep-fried items, creamy sauces or dips		
6. Low calorie desserts (<100 calories e.g. VERY SMALL portions of traditional desserts or yoghurt and/or fruit)		
7. No sweets or savoury snacks (e.g. crisps)		
8. Directions to the meeting provided (ACTIVE travel e.g. walking, cycling)		
9. Opportunities for hourly brief "comfort breaks" (for meeting, standing in)		
10. Chair encouragement to move, stand and/or stretch during the meeting (where feasible, not too disruptive and in keeping with participants' abilities and disabilities)		
Score:		

Comments: _____

Please return this form to:
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