#### Scottish Cancer Prevention Network Healthy Meetings **Showcase**

#### SISBNPA

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:

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**ISBNPA** 

"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 (<u>www.isbnpa.org</u>), which took place in June at the Edinburgh International Conference Centre (<u>www.eicc.co.uk</u>), and was organised by Meeting Makers(<u>www.meetingmakers.co.uk</u>) for over 1200 delegates from 44 countries.

Very proud to show that Scotland can showcase <u>#HealthyMeetings</u>!

## Great to see: Healthy Food Options



Wholegrain rolls

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"Today's healthy morning snacks make a good change from chocolate biscuits!!"



Two salads for everyone each day





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



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> "The food (inc salad) was a particular highlight!"



Wee wholemeal scones And no pastries, deep fried items or creamy dips.



#healthymeetings



www.cancerpreventionscotland.org.uk | Search for 'thescpn'

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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!"

# Room for standing in all meeting rooms



#### Stair prompts

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



🏏 "Stand up! Take the stairs!"

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

# Ceildh dancing practice at lunch



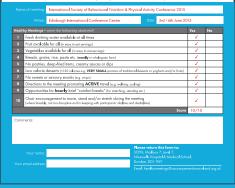
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"Ceilidh dancing taster at unchtime"



- You can help support healthier meetings by: discussing the checklist with meetings' chairs
- providing leedback (your scorecard) to the organiser of meeting sharing your experiences of good practice with the SCPN
   Induce a standard score and sc
- 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 encompassin





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