

Healthy Meetings Showcase



The Scottish Cancer Prevention Event, hosted by World Cancer Research Fund UK (@WCRF_UK) at Celtic Park on the 22nd June, provided another great showcase for the #HealthyMeetings initiative. Scotland can do healthy foodstuffs and what a wonderful lunch it was! With help from the excellent caterers at Celtic Park, and Mark Freeman from Thirst For Knowledge Events Ltd. (tfke.co.uk), everyone was well looked after on their busy working day. Conference food does not need to be complex, and it's great to see some real vegetables presented instead of just a slice of something green for garnish. Salads in abundance – and why not - Scotland grows some of the best!

Dr David Morrison and Lizzie Hammond from NHS Greater Glasgow and Clyde gave some great Glaswegian advice on promotion of healthy eating and healthy movements. The audience stood up and stretched, moved from table to table and happily walked around to complete workshop sheets. There was some great take home messages from stallholders too, including the excellent Health Promoting Health Service (hphs.co.uk). Why not make your work day a #HealthyMeetings day too?

Great to see: Healthy Food Options



“Delicious, healthy lunch today @celticfc for @WCRF_UK #canprevent day. Well done chef!”

Salad selection

“Who says healthy food & drink can't be delicious? #canprevent”



Mostly wholegrains



Healthy main course options

“Looking forward to the delicious healthy spread put on by #Celtic FC #canprevent”



Who needs sugary desserts?

“Healthy lunch at our cancer prevention event in Glasgow. @WCRF_UK @anniescotta #canprevent”



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Great to see: Being Active & Less Inactive



Pedometers at the ready!

“#canprevent Prof Annie Anderson getting WCRF Scottish cancer prevention audience moving @thescpn.”



Stretching and standing prompts




Regular active table swapping...



Active afternoon on changing barriers



SCPN  **Scottish Cancer Prevention Network**

Have you noticed how difficult it can be to attain your daily health eating plans, activity goals and smart thinking on days when you have **meetings greater than 4 hours that span lunchtime?**

The SCPN has developed a scorecard which focuses on ten highlights that regular meeting attendees agree represent important examples of good practice for healthy meetings. They do not include every aspect of a healthy diet, or active living, but provide a brief checklist to help support meeting organisers.

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 cutlery/local food/minimal waste), that are also important. Good taste and adequate quantities mustn'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: _____ Date: _____
 Venue: _____

Healthy Meetings - assess the following observations?	Yes	No
1 Fresh drinking water available or all times		
2 Fruit available for all (in easy to eat servings)		
3 Vegetables available for all (in easy to eat servings)		
4 Breads, grains, rice, pasta etc. (<i>mostly</i> in wholegrain form)		
5 No pastries, deep-fried items, creamy sauces or dips		
6 Low caffeine drinks (if 20+ advise a VERY SMALL portion of traditional desserts or yoghurt and/or fruit)		
7 No sweets or savoury snacks (e.g. crisps)		
8 Directions to the meeting promoting ACTIVE travel (e.g. walking, cycling)		
9 Opportunities for hourly brief "comfort breaks" (for stretching, standing etc.)		
10 Chair encouragement to move, stand and/or stretch during the meeting (where feasible, not too disruptive and in keeping with participants' abilities and drink/food)		
	Score: _____	

Comments: _____

Your name: _____ Please return this form to:
 SCPN, Hubbox 7, level 7,
 Heronhill Hospital & Medical School,
 Dundee, DD1 9JY
 Email: healthymeetings@scnpnprevention.org.uk

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

[Get more scorecards](#)

