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Evidence Chart for Recreation Centre Literature Review

Part A: Environmental Scan

Province	Type	Title	Description	Reference
CANADA WIDE	SCAN	Healthy Eating in Recreation & Sport Settings – Provincial & Territorial Scan Summary.	In October 2010 a provincial and territorial scan was conducted to acquire information on current initiatives in the area of healthy eating in recreation and sport settings. Responses were received from eight provinces and one	Andrews RL. Healthy Eating in Recreation & Sport Settings – Provincial & Territorial Scan Summary. Halifax, NS: Capital District Health Authority, 2011.
British Columbia	Policy	The Healthier Choices in Vending Machines Healthier Choices in Vending Machines in B.C. Public Buildings Policy (2014 edition)	The Healthier Choices in Vending Machines policy came into effect in 2006 and was updated in 2014 to align with other provincial healthy eating nutrition standards. The policy applies to vending machines located in provincial public buildings, including health care facilities. The policy can be voluntarily adopted by any group or organization to support healthy choices in their own facilities.	Government of British Columbia. Vending Machines. [Internet]. 2014. [cited 2015 July 27]. Available from:) http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Policy-Healthier-Choices-in-Vending-Machines-in-BC.aspx
	Guideline	The Guidelines for Food and Beverages Available at Sporting Events	This document is an educational and practical resource for foodservice operators who feed athletes and spectators at sporting events in BC. There are five guidelines, which focus on promoting healthy, well-planned, inclusive and safe food and beverage choices.	Government of British Columbia. Guidelines for Food and Beverages Available at Sporting Events. [Internet]. 2014. [cited 2015 July 27]. Available from: http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Guidelines-for-Food-and-Beverages-Available-at-Spo.aspx
	Funding Initiative	Implementing Healthy Food & Beverages in Recreation Facilities and Local Government Buildings Initiative	In an effort to support communities to move towards providing healthier food and beverage choices in their facilities, a limited number of grants were made available in 2014.	BC Recreation And Parks Association. Implementing Healthy Food & Beverages in Recreation Facilities. [Internet]. 2014. [cited 2015 July 27]. Available from: http://www.bcrpa.bc.ca/HealthyFoodandBeverageSales.htm
	Program	Stay Active Eat Healthy	The Stay Active Eat Healthy program is an evidence-based capacity building initiative developed in BC. Stay Active Eat Healthy® aims to increase the provision of healthy food and beverages while restricting unhealthy options in municipal and community	Stay Active Eat Healthy. Rec Facilities. [Internet]. n.d. [cited 2015 August 5]. Available from: http://stayactiveeathealthy.ca/managers/index.html



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			recreation facilities	
Alberta	Guideline	Alberta Nutrition Guidelines for Children and Youth Updated in 2012	Guidelines are suggested for childcare, schools, and recreations centres. Very similar to the Ontario, BC school food guidelines, however these are not mandatory.	Healthy Alberta. [Internet]. Alberta Nutrition Guidelines for Children and Youth. 2012. [cited 15 July 2015]. Available from: http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Alberta-Nutrition-Guidelines-for-Children-and-Yout.aspx
	Program	<i>Communities ChooseWell</i>	Alberta’s Recreation and Parks Association started the <i>Communities ChooseWell</i> program to foster healthy citizens and communities through education, community capacity building and partnerships that support healthy eating, active living and social wellbeing	Alberta Recreation and Parks Association. Communities Choosewell. [Internet]. n.d. [cited 2015 August 5]. Available from: http://arpaonline.ca/program/choosewell/
Saskatchewan	Guideline	Support Healthy Eating at Work and Play – a resource guide for creating food policies at your worksite or recreation facility.	The Public Health Nutritionist Working Group of Saskatchewan have developed a manual entitled Support Healthy Eating at Work and Play – a resource guide for creating food policies at your worksite or recreation facility. This is a step by step guide including recipes to help create a healthy food environment. It is encouraged that those using the manual seek support and additional resources from their Public Health Nutritionist.	Five Hills Health Region. Support Healthy Eating at Work and Play. [Internet]. 2010. [cited 2015 Aug 19]. Available from: http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Support-Healthy-Eating-at-Work-and-Play-A-Resource.aspx
Manitoba	Guideline	Move to Healthy Choices Committee & Making The <i>Move To Healthy Choices</i> Toolkit	“Move to Healthy Choices” builds on recent efforts by schools across Manitoba to develop and implement healthy food policies. The toolkit was developed by the Healthy Food Choices for Community Recreation Facilities Committee. This toolkit was developed in the spring of 2008 and recently updated to encourage recreation facility operators to make a conscience decision to move towards healthier food choices in their local recreation facilities.	Brandon Regional Health Authority. Making the Move to Healthy Choices Toolkit. [Internet]. Available from: http://opha.on.ca/Nutrition-Resource-Centre/NRC-Navigator/Resources/Making-the-Move-to-Healthy-Choices.aspx
	Policy	Hamiota & District Sports Complex	Kitchen Managing staff as well as volunteers involved in the running of the concession will adhere to this policy.	http://healthylife.cimnet.ca/cim/dbf/Hamiota_Nutrition_Policy_2013.pdf?im_id=5147&si_id=97
	Policy	Baldur Recreation Centre	Recreation Centre Staff as well as volunteers involved in program and service delivery will adhere to this policy	http://healthylife.cimnet.ca/cim/dbf/Baldur_Recreation_Center_Policy_2013.pdf?im_id=5148&si_id=97
	Policy	City of Thompson	Recreation Facility staff as well as volunteers and contracted individuals involved in program and service delivery in City of Thompson facilities will adhere to this policy. City of Thompson staff will adhere to this policy when	http://healthylife.cimnet.ca/cim/dbf/City_of_Thompson_Healthy_Food_Policy_2013.pdf?im_id=5149&si_id=97



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			running City of Thompson lead programs outside City of Thompson facilities.	
Ontario	Policy template	Niagara Region: <i>"Fueling Healthy Bodies: Healthy Eating Policy for Sports Teams"</i> .	It provides a downloadable policy template for coaches to implement and disseminate to parents.	Niagara Region. Fuelling Healthy Bodies: Healthy Eating Policy for Sports Teams. [Internet]. n.d. [cited 2015 August 5]. Available from: http://www.niagararegion.ca/living/health_wellness/healthylifestyles/fuelling-healthy-bodies.aspx
	Program	Peel's Healthy Eating Recreation Organization (HERO) working group	Peel has completed a comprehensive program planning and evaluation process. Presently, HERO is developing partnerships with the City of Brampton and City of Mississauga recreation. The initial focus is to support a shift towards healthy foods served and sold. British Columbia Parks and Recreation has given Peel permission to adapt the Staying Active, Eating Healthy assessment tools.	Stay Active Eat Healthy. Ontario. [Internet]. n.d. [cited 2015 August 5]. Available from: http://stayactiveeathealthy.ca/provincial-links/ontario
	Work Group	OSNPPH HERS workgroup	The Ontario Society of Nutrition Professionals in Public Health (OSNPPH) launched a <i>Healthy Eating Recreation Settings (HERS) work group</i> . The HERS working group is now considering next steps ranging from developing partnerships for provincial advocacy to ad hoc information sharing.	Stay Active Eat Healthy. Ontario. [Internet]. n.d. [cited 2015 August 5]. Available from: http://stayactiveeathealthy.ca/provincial-links/ontario
	Policy	"Making the Healthy Choice the Easy Choice" campaign	Hamilton: A resolution was passed to increase healthy foods in recreational facilities from 25% to 50% of total products available.	
Newfoundland & Labrador	Program	Eat Great and Participate Project	Eat Great and Participate is a provincial program that promotes healthy eating among children and youth and aims to increase access to healthy food and beverage choices in recreation, sport and community facilities and at events across Newfoundland and Labrador. This includes afterschool programs such school sport games, tournaments, banquets and other events for students.	Living Healthy Schools. Eat Great and Participate. [Internet]. n.d. [2015 July 27]. Available from: http://www.livinghealthyschools.com/eatgreat.html
New Brunswick	Toolkit	Healthy Eating in Recreation Facilities: It Just Makes Sense	The goal of this kit is to provide awareness, education and resources to encourage a greater availability of healthy food choices in New Brunswick's recreational facilities. Recreational facilities may include arenas, swimming pools, youth centres, community centres, curling rinks, bowling alleys, skate parks and many other venues.	Government of New Brunswick. Healthy Eating in Recreation Facilities: It Just Makes Sense. [Internet]. n.d. [cited 2015 July 27]. Available from: http://www2.gnb.ca/content/dam/gnb/Departments/sd-ds/pdf/Wellness-MieuxEtre/HealthyFoods.pdf
Nova Scotia	Report	The Healthy Eating in	The Healthy Eating in Recreation and Sport Settings Provincial	http://novascotia.ca/dhw/pasr/docum



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		Recreation and Sport Settings Provincial Gathering	Gathering was organized to: Provide recreation, sport and healthy eating stakeholders the opportunity to come together to learn more about the potential for collaboration, address issues and challenges, and provide comments and advice on how to make the healthy choice the easy choice.	ents/Healthy-Eating-in-Recreation-and-Sport-Report-2010.pdf
	Report	Thrive! A plan for a healthier Nova Scotia	Since 2010, The Healthy Eating in Recreation and Sport Settings (HERSS) and a Provincial Advisory Committee has been working to build awareness and develop a vision plan for province-wide efforts to provide healthy food and beverages in recreation settings.	Province of Nova Scotia. Thrive! A plan for a healthier Nova Scotia. [Internet]. 2012. [cited 2015 Aug 19]. Available from: https://thrive.novascotia.ca/sites/default/files/Thrive-Strategy-Documents/Thrive-Strategy-Document.pdf
Northwest Territories	Program	“Choose” (Healthy Choices Framework)	<p>“Choose” is the public face of the Healthy Choices Framework, a GNWT-wide approach to encouraging and supporting NWT residents to make healthy and safe choices, consistent with the 17th Legislative Assembly’s goal of fostering healthy, educated people.</p> <p>→ Within “Choose”, The Youth Centres Program provides financial support to youth centres or other community based facilities that provide youth with positive and healthy lifestyle programs.</p>	Choose Northwest Territories. About the Choose Program. [Internet]. n.d. [cited 2015 July 27]. Available from: http://choosenwt.com/about-choose/
PEI	Initiative	Healthy Rink Initiative	<p>The Healthy Rink Initiative highlights three specific areas:</p> <ol style="list-style-type: none"> 1. Healthy Food Choices <ul style="list-style-type: none"> - Providing patrons with the opportunity to select foods/drinks that have a higher nutritional value than traditional foods served in rink canteens. - Making those changes in such a way that doesn’t impact too negatively on the canteen’s bottom line (We understand the importance of canteen revenues in the overall operation of arenas). - Working with the Healthy Eating Alliance to create a list of foods that are higher in nutritional value, have an acceptable shelf life, are easy to provide, and are popular among Islanders. 2. Healthy Physical Infrastructure 3. Healthy Social Environments 	http://www.recreationpei.ca/index.php?page=programs_healthyrink



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Quebec	Junk Food Bans	MEDIA SOURCE – Unsuccessful Example of Hockey Arena Food Bans	Lac-Etchemin, Quebec, had prided itself on being the first Canadian municipality to chase junk food from its hockey arena in 2006 – banishing soft drinks, chips, fries, hot dogs, and chocolate bars containing under 70% cocoa (). Similarly, in 2009, Gatineau Quebec announced it would rid its 10 arenas of junk food. Since then, both communities have backtracked and lifted their strict junk food bans, due to negative feedback from patrons and a decrease in sales ().	The National Post. Hot dogs and poutine stage comeback after Quebec rink's fans revolt. [Internet]. 2011. [cited 2015 August 6]. Available from: http://news.nationalpost.com/news/canada/hot-dogs-and-poutine-stage-comeback-after-quebec-rinks-fans-revolt
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Part B: Supporting Research

Study Type / Location	Reference	Relevant Points from Article
Study British Columbia	Naylor P, Bridgewater L, Purcell M, Ostry A, Wekken SV. Publically Funded Recreation Facilities: Obesogenic Environments for Children and Families? International Journal of Environmental Research and Public Health. 2010 05;7(5):2208-21.	<ul style="list-style-type: none"> 88% percent of facilities had no policy governing food sold or provided for children/youth programs. The data gathered in this study indicates the need for policy, adequate resources, partnerships and information to design and facilitate healthier choices in municipal recreation facilities.
Commentary Alberta	Olstad, Dana Lee, M.Sc., R.D., Raine, Kim D, PhD., R.D. Profit Versus Public Health: The Need to Improve the Food Environment in Recreational Facilities. Canadian Journal of Public Health. 2013 Mar;104(2):e167-9	<ul style="list-style-type: none"> Alberta, uptake of government-issued voluntary nutrition guidelines for recreational facilities has been limited, and offers of free assistance to implement them as part of a research study were not embraced. Mandatory government regulation may therefore be required to overcome the barriers to offering healthier foods in this setting.
Study Alberta	Olstad DL, Goonewardene LA, McCargar LJ, Raine KD. Choosing healthier foods in recreational sports settings: a mixed methods investigation of the impact of	<ul style="list-style-type: none"> This study assessed the comparative and additive efficacy of two nudges and an economic incentive in supporting healthy food purchases by patrons at a recreational swimming pool. In the full sample, sales of healthy items did not differ across periods, whereas in the subsample, sales of



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	<p>nudging and an economic incentive. International Journal of Behavioral Nutrition and Physical Activity. 2014;11:6.</p>	<p>healthy items increased by 30% when a signage + taste testing intervention was implemented ($p < 0.01$). This increase was maintained when prices of healthy items were reduced by 30%, and when all interventions were removed. This study found mixed evidence for the efficacy of nudging in cueing healthier dietary behaviors. Moreover, price reductions appeared ineffectual in this setting.</p> <ul style="list-style-type: none"> • <i>Nudging and even price reductions don't always work. When unhealthy treats are available in rec centres kids and parents will purchase them which is why stricter policies are necessary to improve health outcomes.</i>
<p>Needs Assessment Ontario</p>	<p>Thomas, Heather M, RD,M.Sc, PhD., Irwin JD, P.H.D. Food Choices in Recreation Facilities: Operators' and Patrons' Perspectives. Canadian Journal of Dietetic Practice and Research. 2010 Winter;71(4):180-5.</p>	<ul style="list-style-type: none"> • This needs assessment was conducted to determine patrons' satisfaction with food and purchasing preferences while at RFs, reasons for purchasing certain foods, and inclination for other options. Also assessed were RF operators' receptiveness to and perspectives on the feasibility of providing healthy foods. • Among patrons, 52.2% were satisfied with RF food choices, although 59.2% and 68.8% reported not purchasing any RF food or beverages from the snack bar or vending machines, respectively. • Patrons who were dissatisfied and did not purchase food and beverages noted the abundance of unhealthy choices, poor food quality and variety, and expense as reasons. All operators were interested in and receptive to healthy food options at their RFs, but expressed concerns about poor sales of existing healthier options.