
Promoting Healthy Vending Machines

Theme: Adapting evidence-based intervention

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Montgomery County Public Health

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Priority: Prevent Chronic Disease

Support the Prevention Agenda by

Promoting Nutrition Standards For Healthy Food and Beverage Procurements

You can support the Prevention Agenda goal of **Reducing Obesity in Children and Adults** by encouraging public and private employers and service providers in your county to adopt standards for healthy food and beverage procurements.

Focus Area #1: Reduce obesity in children and adults

Goal #1.1 Create community environments that promote and support healthy food and beverage choices and physical activity.



Partners

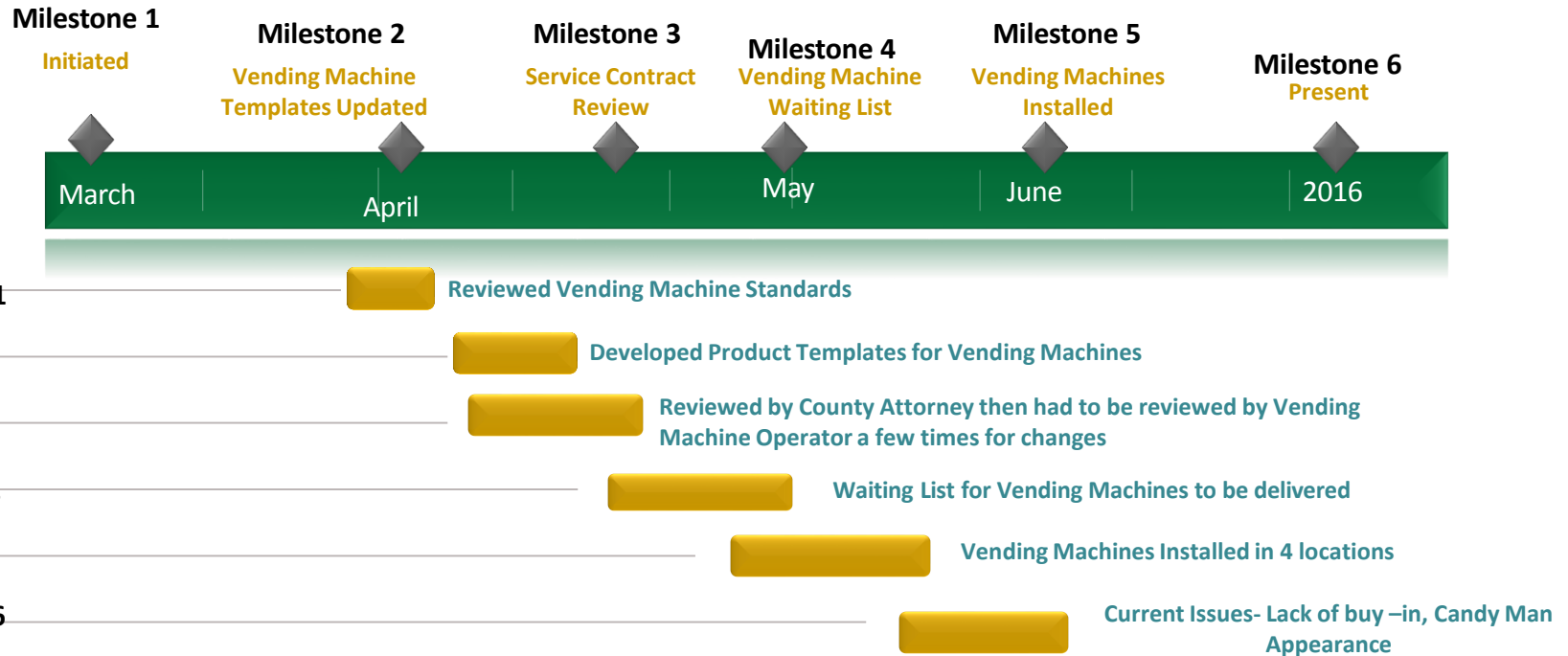
- St. Mary's Healthcare
- Bassett Healthcare Network/Research Institute/RHENSOM
- Montgomery County Public Health
- Montgomery County Office for the Aging
- Catholic Charities
- HFM Prevention Council
- New Dimensions in Health Care
- Local area Businesses
- Technical Assistance: New York Academy for Medicine



Partners

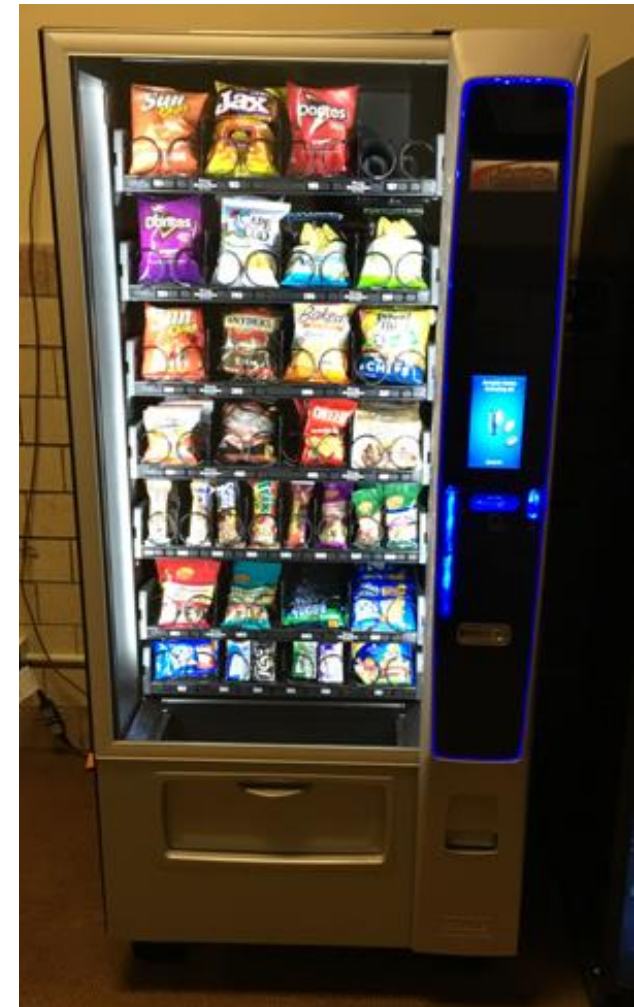
- Collective decision among partners to work on Vending Machine Initiative.
- Montgomery County Public Health Piloted Vending Machine initiative with County Employees.
- Once Montgomery County Public Health completed the initiative they would help partners with making changes.

Project Timeline - 2015



Project in Action

Sun Chips Harvest Cheddar, 1 oz	Pita Chips Stacy Cinnamon Sugar, 1.5 oz	Pita Chips Stacy Cinnamon Sugar, 1.5 oz	Doritos RF Nacho, 1 oz	Doritos RF Nacho, 1 oz					
Doritos RF Cool Ranch, 1 oz	Doritos RF Spicy Chili, 1 oz	Sun Chips Garden Salsa, 1 oz	Good Natured Veg Crisps	Good Natured Veg Crisps					
Whole Grain Cheezit	Whole Grain Cheezit	Doritos RF Cool Ranch, 1 oz	Doritos RF Spicy Chili, 1 oz	Whole Grain Buzz Cookie					
Whole Grain Buzz Cookie	BBQ Baked Lays, 1 oz	BBQ Baked Lays, 1 oz	Sun Chips Harvest Cheddar, 1 oz	Sun Chips Garden Salsa, 1 oz					
Fiber One Oats & Chocolate	Fiber One Oats & Chocolate	Kag's Cashews Salted, 1 oz	Kag's Cashews Salted, 1 oz	Kag's Almonds Salted, 1 oz	Kag's Almonds Salted, 1 oz	WG Cocoa Puff Bar	WG Tixx Bar	Nature Valley Fruit & Nut	Nature Valley Fruit & Nut
	Trident White Cool Rush	Trident White Peppermint	Trident White Spearmint	Stride Spearmint					
WG Cocoa Puff Bar	Fiber One Oats & Chocolate	Kag's Cashews Salted, 1 oz	WG Tixx Bar						



Vending Machines Installed

- **New Vending Machines Arrived**
 - Credit card swipe
 - Able to make change for \$5, \$10, and \$20
- **New Vending Machines Delivered**
 - Four locations to have new machines: Annex, DPW, Courthouse, DMV/DSS
- **Phone calls were made to Prestige**
 - Vending machines needed to be restocked with approved food
 - Healthier choices placed at eye level
- **New Vending Machines and Healthy Options are in place**
 - Initiatives in place June 2015, Obstacles in progress

Strengths

- Vending Machines are in place with healthier options
- At April 2015 Montgomery County Public Health Sugar Challenge for County Employees – 5 winners
- More participation indicating a need for healthier options for employees




**KEEP
CALM
AND
NO
SUGAR**



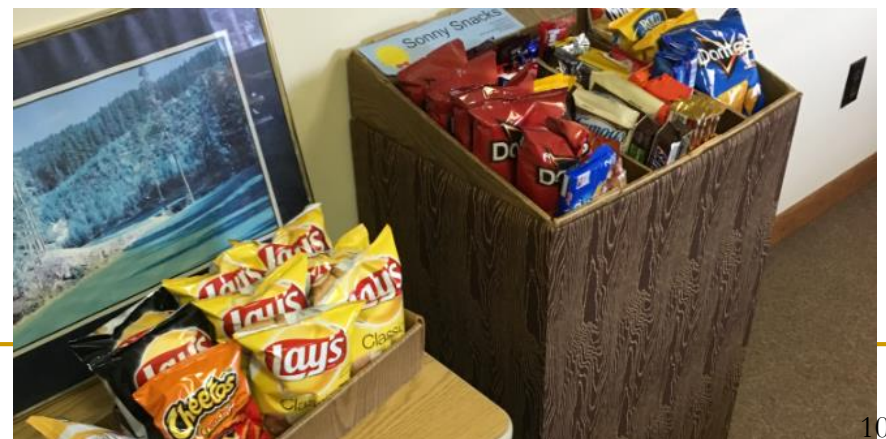
Challenges

- Lack of engagement and buy-in
- Limited options for vending machine snack; cannot have fresh fruits and vegetables as they do not sell fast
- Enterprising Candy man in snack room



Challenges

- The “Candy Man” arrived
- Sonny Snacks showed up in the Annex Building break room
- Shows up with a Minivan to restock the shelf
- Public Health Director has gone to the County Executive
- Asked to have the candy removed
 - Idea that this would be easy to have removed
 - After holidays not many will notice
 - New Years Resolutions
 - He is still selling products and making a profit



Questions

- ❑ How can we get employees to buy into healthy snacks?
- ❑ What approaches have worked in other places?
- ❑ How do we increase healthier snack options?