

HEALTHY VENUES

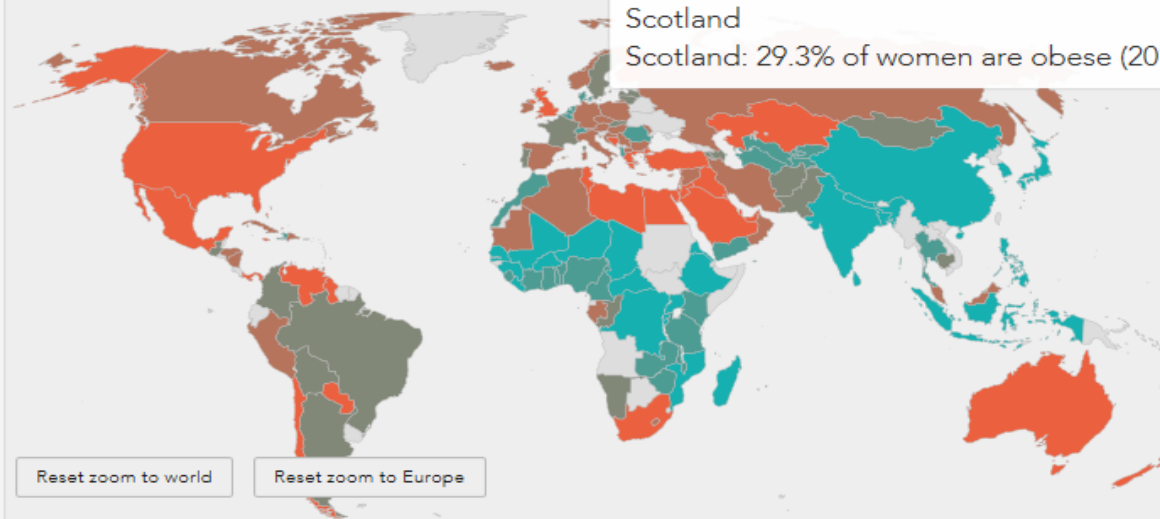
/ World Obesity's Action Initiative

- / Promote and stimulate practical actions that can help to overcome obesity
- / Focussed at an individual, environmental, social and physiological level
- / Promoting tangible and realistic goals to support change through a network of organisations sharing a common interest

World map of obesity

Explore our database of obesity prevalence worldwide. You can see detailed reports for any country for which we have data. Hover to view outline details and select country to zoom in then scroll down to see survey details. *N.B. All surveys included on this map are based on measured height and weight.* [Reset zoom](#) [View other countries](#)

Obesity prevalence worldwide - Women



[Reset zoom to world](#)

[Reset zoom to Europe](#)

Percentage of women with obesity *Click countries for survey details and definitions*



/ Why Conference Venues?

- / Around the world efforts are underway to reduce the risks posed by poor diet and inactivity
- / Average person spends 87,562 days at work and a large percentage of the time in meetings
- / In the USA alone 225 million visitors to conventions, conferences, congresses, tradeshows and exhibitions every year



/ The first global 'Healthy Venues Award'

/ Conference venues and their catering teams have a role to play in promoting the health and well-being of their clients, visitors and employees

- / Supporting people to make healthier choices
- / Minimize negative health impacts of conference-going – improving the 'healthprint'
- / Promotes working in partnership

/ How does it work?

/ Venues become accredited



/ Achieve robust criteria

/ Commit to encouraging clients to adopt 'healthy' conference practices



/ How does it work?

- / Promote all work as a Healthy Venue to event planners
- / Commit to a healthy ethos, striving to go above and beyond the requirements specified in the criteria and continually seek to improve your activities
- / Actively seek to evaluate your actions using customer feedback forms
- / Actively seek to evaluate your actions

/ Healthy Catering

- / Unhealthy diets are a leading cause of poor health
- / Eating too much food high in saturated fat, sugar and salt/sodium increases the risk of disease



- / Food is produced using healthy practices and ingredients
- / Offering an increased number of healthy options across all menus
- / Promoting the healthiest option

/ Healthy Catering

/ **Establishing healthy cooking practices**

- *reducing fat, sugar and salt
- *using more wholegrain products and ingredients

/ **Providing healthier food choices and default options**

- *salt cellars available by request only
- *healthy options are available at equivalent price of less healthy options

/ **Healthier vending**

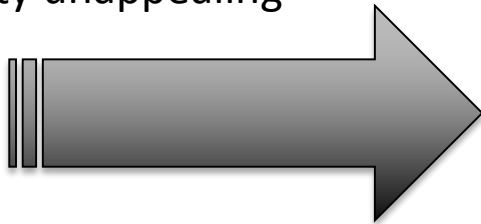
- *work with venders to provide at least 25% of products are healthier

/ **Healthier drinks**

- *always provide no added sugar options
- *water freely available on site
- *provide sparkling water or water jugs with fresh lemon, mint or ginger
- *semi-skimmed or skimmed milk available in same proportion as full fat milk

/ Physical Activity

- / Modern lifestyles and environments make it seem increasingly difficult for people to undertake as much activity as they would like, not only because of increasing car use, but because of long working hours and built environments which make outdoor activity unappealing



- / Venue promotes increased activity and reduced sedentary behaviour
- / Promoting 'active conferences' to event planners
- / Providing information on activity in the vicinity and local area

/ Physical Activity

/ **Active travel**

- *promote active travel to and from your venue

/ **Reducing sedentary behaviour**

- *offer facilities conducive for standing conferences and meetings

- *encouraging standing applause, hourly stretching breaks and standing space in meeting rooms

- *provide clear signage for stairs and promote their use

/ **Promoting healthier meetings**

- *work with event planners to include physical activity as part of their programme

/ **Promoting physical activity in the local area**

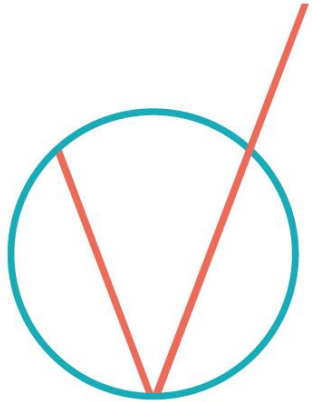
- *provide a route map for walking/jogging/running

/ Workplace Health

- / People spend a large proportion of their time at work
- / Often this time is spent sitting in meetings or at computers
- / This contributes to poor health and in particular poor mental health



- / Healthier eating, regular stretching breaks and physical activity have all been shown to reduce stress and improve concentration



HEALTHY |
VENUE

SILVER
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