



HEALTHY MEETINGS AND EVENTS

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Many organizations are implementing healthy meeting and event practices. To send the message that health is important to your organization, to help support the health of your employees, members, and partners, and to have more energized and engaged participants, your organization should adopt healthy meeting and event practices too.

RATIONALE

Studies show a strong relationship between the physical and social environments of the workplace and the health behaviors of employees. Nearly half of most people's waking hours are spent at work, and many of those hours are spent in meetings and conferences. Unfortunately, the foods and beverages available at meetings and conferences are often high in fat, added sugars, and sodium, and contain few fruits, vegetables, and whole grains. Meetings and conferences also generally involve a lot of time sitting and provide little opportunity for physical activity, which reduces concentration, productivity, and energy levels.

Currently, many Americans eat excessively large portion sizes, too much saturated and trans fat, sodium, added sugars, and refined grains, and do not eat enough fruits, vegetables, and whole grains. In addition, most Americans do not meet the minimum recommendation for physical activity, which is 150 minutes a week. Adopting healthy meeting standards helps to create high-energy meeting environments that support healthy choices.

Implementing healthy meeting standards helps to create a supportive environment that cultivates a culture of health and helps employees and members to eat well, be active, reduce use of tobacco products and exposure to harmful secondhand smoke, and protect the environment. Adopting healthy meeting standards sends the message that health is important to your organization and that you support the health of your employees, members, and partners. It models healthy behavior and supports the health promotion efforts of organizations and governments, ensuring they "walk-the-walk."

**WILL HEALTHY MEETINGS
COST MORE?** Some healthy foods may be more expensive, but by making portion sizes more reasonable, ordering less food, reducing waste, and rethinking whether snacks need to be provided at each break and meeting, you may end up saving money by reducing overall food purchases.

NATIONAL ALLIANCE FOR NUTRITION AND ACTIVITY HEALTHY MEETING TOOLKIT

For more information on healthy meetings and how to incorporate healthy practices into your meetings and events, check out the National Alliance for Nutrition and Activity (NANA) Healthy Meeting Toolkit. The Toolkit includes guidance on healthy meeting practices, as well as many resources to help make healthy meetings a reality. The Toolkit can be used for every type of meeting, from small department-level meetings to multi-day conferences. For more information, visit www.healthymeeting.org.

HEALTHY MEETING PLEDGE

If your organization already has healthy meeting practices or would like to start having healthy meetings, take the Healthy Meeting Pledge at www.healthymeeting.org. It is a great way to highlight the culture of health within your organization and be part of the growing movement around health and wellness.

