



M-NCPPC RESOLUTION NO. 17-02

ADOPTION OF HEALTHY VENDING MACHINE POLICY

WHEREAS, According to the Centers for Disease Control and Prevention, 112,000 Americans die each year due to diseases such as heart disease, cancer, stroke and diabetes – diseases linked to poor nutrition, excess weight, and lack of physical activity; and

WHEREAS, One-third of all White children and half of all African-American and Latino children born today will likely develop type 2 diabetes in their lifetimes, according to the Centers for Disease Control and Prevention. Undiagnosed or uncontrolled diabetes can lead to debilitation, blindness, serious heart and kidney complications, amputations, and even death; and

WHEREAS, According to the American Academy of Pediatrics, the percentage of teenagers who were diagnosed with type 2 diabetes or pre-diabetes soared from 9% in 1999 to 23% in 2008; and

WHEREAS, Prevention and management of chronic disease is essential for improving the overall health, life expectancy, and quality of life for all patrons and employees of the Maryland-National Capital Park and Planning Commission (“M-NCPPC”); and

WHEREAS, M-NCPPC spends \$25 million each year to fund its employee health insurance program and invests additional dollars in its employee wellness program. Reducing chronic diseases through improvements to M-NCPPC’s food environment may help improve employee health and reduce taxpayer costs; and

WHEREAS, According to the Centers for Disease Control and Prevention and other health experts, small steps, like making healthier food and beverages more widely available in vending machines, can help reduce Type 2 diabetes, obesity, and other chronic diseases; and


WHEREAS, the Commission desires to adopt a policy that promotes healthy eating by requiring healthy choices be included in vending machines on M-NCPPC property.

NOW THEREFORE, BE IT RESOLVED that the Maryland-National Capital Park and Planning Commission hereby adopts a policy setting goals and standards for the availability of healthy choices in vending machines on M-NCPPC property as reflected in ATTACHMENT 1 attached hereto; and

BE IT FURTHER RESOLVED that the Commission does hereby authorize the Executive Director and Department Directors to take action as may be necessary to implement this resolution.

CERTIFICATION

This is to certify that the foregoing is a true and correct copy of Resolution No. 17-02, adopted by the Maryland-National Capital Park and Planning Commission on motion of Commissioner Doerner, seconded by Commissioner Fani-Gonzalez, with Commissioners Hewlett, Anderson, Bailey, Cichy, Geraldo, and Wells-Harley voting in favor of the motion, Commissioner Dreyfuss opposing the motion, and Commissioner Washington being absent from the meeting held on March 15, 2017, in Riverdale, Maryland.



Patricia Colhan Barney, Executive Director

HEALTHY VENDING MACHINE POLICY

I. Universal Vending Machine Requirements

(a) The following criteria must be met by all items offered in vending machines.

(1) Any packaged food and beverage item offered shall contain no more than:

(A) 0.5 grams of trans-fat per serving; and

(B) 200 milligrams of sodium per package.

(2) Any beverage container offered shall contain no more than:

(A) 250 calories; and

(B) 20 fluid ounces.

II. Healthy Vending Standards

(a) Healthy Food Choices shall meet the following specifications:

(1) Individual healthy food choices offered in vending machines must meet the following criteria:

(A) No more than 200 calories per package;

(B) Less than 35% of total calories from fat except for foods containing 100% nuts or seeds with no added fats;

(C) Less than 10% of calories from saturated fat; and

(D) No more than 35% of calories from total sugars except for 1%, 2%, or non-fat dairy products, non-dairy milk products, fruits and vegetables.

(2) At least one healthy food choice offered must meet the Food and Drug Administration's definition of "low sodium" (<140 mg per serving).

(3) Sugarless chewing gum and mints also meet healthy food choices specifications.

(b) Healthy Beverage Choices shall meet the following specifications:

(1) Individual Healthy Beverage Choices offered in vending machines must contain fewer than 40 calories per serving unless specified below.

(2) The following beverages also meet Healthy Beverage Choices nutritional standards even though they exceed 40 calories per serving: Fat-free milk; 1% low fat dairy milk; Calcium or vitamin D fortified soy milk with less than 200 calories per container; packages containing 12 ounces or less of 100% fruit juice, vegetable juice

or fruit juice combined with water with no added caloric sweeteners and no more than 200 milligrams of sodium per container.

(3) Vegetable juice must contain <230 milligrams of sodium per serving.

III. Healthy Vending Contract Requirements

- (a) All new vending machine service contracts and all vending machine service contract renewals entered into after July 1, 2017 shall require that:
 - (1) At least 50% of the food and beverage items offered in vending machines meet the requirements listed in Section (II) above.
 - (b) The agency will strive to increase the 50% (percentage) in subsequent years.

IV. Product Placement

- (a) Healthy Food or Beverage Choices shall:
 - (1) Be displayed in a way that is easily distinguishable from food and beverages that do not meet Healthy Vending Standards listed in Section (II) above; and
 - (2) Be stocked in positions with highest selling potential.
- (b) Water without added caloric sweeteners is required to be stocked in beverage machines.
- (c) Beverages that do not meet the Healthy Vending Standards listed in Section (II) above shall be placed in positions with the lowest selling potential.

V. Pricing and Labeling

- (a) Food and beverage items that meet the Healthy Vending Standards in Section (II) must be comparatively priced or less expensive than products that do not meet the standards.
- (b) All vending machines shall display nutritional labeling that, at a minimum, complies with the standards for nutritional labeling set forth in 21 CFR, sections 101 and 109, as may be amended from time to time.

VI. Compliance, Evaluation and Reporting

- (a) To assist and oversee the implementation of the nutrition and procurement standards required by this policy, each Department Head shall designate a staff person within the

Department to disseminate information and train M-NCPPC staff and vendors on the standards to support compliance.

(b) Each Department shall monitor compliance and issue a report to the Commission on the first anniversary of this Resolution and at least every other year. The report shall include:

- (1) An assessment of Department compliance with this policy;
- (2) Successes, challenges, and barriers experienced in implementation; and
- (3) Recommendations for improvement of the standards and compliance.

(c) Future requests for bids and contracts for the procurement or provision of covered food and beverages shall incorporate the requirements of this policy. To facilitate monitoring and compliance with the requirements of this policy, future requests for bids and contracts for covered food and beverages shall require accurate and timely financial reports from vendors, provide for periodic reviews or audits of financial records, and include specific breach of contract and enforcement provisions relating to the requirements of this policy.

(d) Evaluation and reporting shall meet the following:

(1) At the end of the first year, June 30, 2018, the M-NCPPC will evaluate the results of the program and will assess what the new goals and standards should be, effective July 1, 2019.

(2) Before July 1, 2019, the M-NCPPC will provide a report to the Commission on the assessment of the program. Depending on the results of the assessment, the agency will strive to increase the healthy vending product requirements to a percentage greater than 50%.

(3) The agency will conduct a study of the number of products in vending machines that have artificial sweeteners and provide research data on the long-term effects of the use of artificial sweeteners. Depending on the results of the research, requirements regarding the use of artificial sweeteners may be added to the Healthy Vending Machine policy. A report will be presented to the Commission by July 1, 2018.

(e) From time to time but at least once every five (5) years, the Health and Benefits Office shall review, and if necessary, update the Healthy Vending Standards in Section (II) to reflect advancements in nutrition science, dietary data, new product availability, and/or updates to the Dietary Guidelines for Americans.