

Recommendation <input type="checkbox"/> DECISION <input checked="" type="checkbox"/> NOTE (select)	Trust board are asked to note the contents of the 'Update on progress: CQUIN Indicator 1b Healthy food for NHS staff, visitors and patients' report
Reporting to:	Trust Board
Date	Thursday 29 March 2018
Paper Title	Update on progress: CQUIN Indicator 1b Healthy food for NHS staff, visitors and patients'
Brief Description	The paper provides an update report against targets set for the Health and Wellbeing CQUIN. The paper shows the Trusts continued commitment to providing healthy food for staff, visitors and patients.
Sponsoring Director	Victoria Maher, Workforce Director
Author(s)	Nick Parkin – Catering Manager and Charlotte Banks – Staff Involvement Lead
Recommended / escalated by (Tier 2 Committee)	
Previously considered by (consultation / communication)	
Link to strategic objectives (see over)	VALUES INTO PRACTICE - Value our workforce to achieve cultural change by putting our values into practice to make our organisation a great place to work with an appropriately skilled fully staffed workforce.
Link to Board Assurance Framework (see over)	If we do not get good levels of staff engagement to get a culture of continuous improvement then staff morale & patient outcomes may not improve (RR 423)
Equality Impact Assessment (select one)	<input checked="" type="radio"/> Stage 1 only (no negative impacts identified) <input type="radio"/> Stage 2 recommended (negative impacts identified) <input type="radio"/> negative impacts have been mitigated <input type="radio"/> negative impacts balanced against overall positive impacts
Freedom of Information Act (2000) status (select one)	<input checked="" type="radio"/> This document is for full publication <input type="radio"/> This document includes FOIA exempt information <input type="radio"/> This whole document is exempt under the FOIA

Update on progress: CQUIN Indicator 1b Healthy food for NHS staff, visitors and patients

Purpose

The purpose of this paper is to provide Trust Board with an update on the progress Nick Parkin, Catering Manager, has made against targets set for the Health and Wellbeing CQUIN. The paper highlights particular improvements that have shown benefits to staff and patient health and wellbeing.

Context and Background

Providers will be expected to build on the 2016/17 CQUIN by maintaining the changes that were required in the 2016/17 CQUIN in both 2017/18 & 2018/19. These are:

- The banning of price promotions on sugary drinks and foods high in fat, sugar or salt (HFSS)
- The banning of advertisements on NHS premises of sugary drinks and foods high in fat, sugar or salt (HFSS);
- The banning of sugary drinks and foods high in fat, sugar or salt (HFSS) from checkouts;
- Ensuring that healthy options are available at any point including for those staff working night shifts. We will share best practice examples and will work nationally with food suppliers throughout the next year to help develop a set of solutions to tackle this issue.

Secondly, introducing three new changes to food and drink provision in Year One (2017/18):

- 70% of drinks lines stocked must be sugar free (less than 5 grams of sugar per 100ml). In addition to the usual definition of SSBs it also includes energy drinks, fruit juices (with added sugar content of over 5g) and milk based drinks (with sugar content of over 10grams per 100ml).
- 60% of confectionery and sweets do not exceed 250 kcal.
- At least 60% of pre-packed sandwiches and other savoury pre-packed meals (wraps, salads, pasta salads) available contain 400kcal (1680 kJ) or less per serving and do not exceed 5.0g saturated fat per 100g

The requirements for partial achievement of indicator b are outlined below:

Final indicator value for the partial achievement threshold	% of CQUIN scheme available for meeting final indicator value
2017/18 - 2016/17 changes maintained 2018/19 - 2016/17 changes maintained	50% payment
2017/18 - Year 1 changes introduced 2018/19 - Year 2 changes introduced	50 % payment
2017/18 - 2016/17 changes maintained and Year 1 changes introduced 2018/19 – 2016/17 changes maintained and Year 2 changes introduced	100% payment

The Trust has made significant improvements in the provision of healthy food; the following provides an overview of these improvements:

1. Reduction in 1% of sugar/salt products displayed

All sugar-based soft drinks have been removed from our range across both sites. Many items have been replaced with a number of sugar free alternatives such as Coca Cola Zero, Pepsi Max and VIT Hit flavoured waters. In an effort to actively promote healthy eating, products with high sugar or fat content have been removed from around the till areas and replaced with the 'Better for you range', Boka bars and fruit. The Trust has made a commitment to reduce the sales price of fruit to encourage a higher customer uptake in healthy alternatives by Q4 2017/18.

2. Increase in healthier options

In September 2017, the Trust introduced a new range of CQUIN based sandwiches and CQUIN compliant snack bars to increase healthier options. Since introducing, we have sold just over 8800 'CQUIN' approx. 400 per calendar month. Due in part to this and several other foodie initiatives within Catering; we have seen our revenues throughout our two restaurants increase by 18.6% YOY.

Due to the success of the wrap station at the Princess Royal Hospital, the Trust agreed to introduce the same approach on the Royal Shrewsbury and Telford Hospital site. This high protein and low fat alternative has helped reduce the amount of higher fat items sold (chips) by approx. 5% year on year although this number does fluctuate depending on the time of year. Since this time, the wrap station at Shrewsbury Hospital, which also includes our healthy vegetarian falafel option, has sold over 12,600 wraps, baguettes and side orders over the lunch period. We have also sold over 22,200 jacket potatoes within our restaurants; this shows the ever-increasing list of healthy hot options available for our staff and visitors alike. We also decided to remove all standard Walkers crisps have from our eateries within the Trust and replaced with lower fat Pop-Chips and Walkers Baked Crisps.

3. Avoidance of overt promotion

The majority of our promotions are based around new initiatives & food trials coming soon to the trust. Overt promotion around sugary items are avoided, although we may do these now and again to sell off excess stock such as syrups, as we did over the festive period. By removing sugar-based items, we can add even more health options such as sugar free syrups in time for June 2018.

4. 70% of drinks lines stocked must be sugar free (less than 5 grams of sugar per 100ml)

On average, only 6% of drinks sold within the Trust are sugar sweetened. This has shown a 5% drop in from Q2 to Q3, this is a staggering achievement when compared to the national requirement.

5. 60% of confectionary and sweets do not exceed 250kcal

Approx. 60% of our confectionary contains less than 250 kcal per serving. The Trust has recently introduced a new our Marybake line called "Better for you range" and Perkier bars, which are low in fat and sugar, as well as being gluten and dairy free. However, the selling of a range of more sugary-based items such as muffins, chocolate bars and cakes continues in our coffee premises to provide patients and visitors with a range of confectionaries.

6. At least 60% of pre packed sandwiches and other savoury pre packed meals contain 400kcal or less per serving and do not exceed 5.0g saturated fat per 100g

As previously described, the Trust has already undertaken many changes to the provision healthy food options for staff, patients and visitors including lower calories sandwiches identified using a RAG rated label. To further these improvements, the Trust is continuing to work with our suppliers when offering a variety of nutritional healthy food.

Summary

The Trust has made some significant improvements in creating the right environment for nutritional healthy food and has continued to sustain these improvements from 2016/17 to 2017/18.

Actions

- To note the contents of this paper