

/ Gold Award criteria

/ Promoting healthy eating...(meet at least 10)

- C2.1 Avoid using processed meat products
- C2.2 Offer smaller portions of desserts, biscuits and snacks as standard on menus
- C2.3 Half of starchy carbohydrates in their wholegrain/ wholemeal form (75% of bread)
- C3.1 At least 75% of menu items should be healthier
- C3.2 Provide small plates used in buffet lines
- C3.3 Lunch boxes should have fruit as default dessert option
- C3.4 Provide portions of fruit, vegetables or salad with all set menus
- C4.1 Signpost healthier items in canteens, cafes
- C4.2 Have nutritional information available for all menu items, available on request.
- C4.3 Provide calorie (and fat, sugar, salt content) information of food served in buffet lines
- C4.4 Establish an awareness program based around food facts and healthy options
- C5.1 Provide conference organisers with an option to request that there is no promotional marketing of unhealthy food
- C5.2 Avoid sponsorship deals with multinational food & beverage manufacturers
- C5.3 Do not undertake promotional marketing of unhealthy food or food brands anywhere on site
- C6.1 Work with vending machine providers to ensure that at least 75% of products available are healthier
- C11.2 Other activity following negotiation with World Obesity Federation

/ Promoting physical activity... (meet at least 5)

- C8.1 Provide shower and/or changing facilities for use by delegates
- C8.2 Negotiate access to bike hire for delegates
- C9.1 Negotiate free, or reduced price, access to local fitness facilities
- C9.2 Provide city walking tours for delegates
- C9.3 Develop an App available to promote activity around the town
- C9.4 Work with the local community to provide activity opportunities for delegates
- C10.1 Provide a stretching toolkit to event planners
- C10.2 Provide forms to delegates to track their minutes of physical activity
- C11.1 Explore sponsorship opportunities from exercise equipment manufacturers and have them available on site for delegates to try out
- C11.2 Other activity following negotiation with World Obesity Federation

/ Workplace health...(meet at least 3)

- C12.1 Hold health and wellness days and events for staff and contractors
- C12.2 Offer staff health insurance
- C12.3. Provide staff with gym passes or discounts for fitness activities
- C12.4 Provide travel loans to staff
- C12.5 Provide staff with pedometers
- C12.6 Take part in corporate fitness events
- C12.7 Provide staff discounts for healthy food options on site
- C12.8 Offer flexible lunch breaks
- C12.9 Provide shower/changing facilities for staff
- C12.10 Cooking classes for staff
- C12.11 Other activity following negotiation with World Obesity Federation

For the full Gold toolkit please email Jess Vickers at healthyvenues@worldobesity.org