

Choice Matters: Healthy Vending Options at Schools in Buffalo, WY

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Hypothesis: Providing healthy, nutritious snack options in vending machines will increase consumption of fruits, vegetables, and reduced calorie snacks in contrast to low nutritional value foods.

Background

- Buffalo, WY lies at the base of the Big Horn Mountains in Johnson County
- Johnson County population ~8,500
- Obesity and diabetes rate for JC is 21% and 9% respectively
- 27% of population under age 18
- 5 schools serve ~1,300 students in JC
 - 1 HS, 1 MS, 2 elementary schools, & 1 combined school in Kaycee
- Elementary schools provide fruit or vegetable 2x/week through USDA FFV Program
- Strides have been made in reducing access to vending machines in schools but some low nutritional value snacks and sugary beverages remain



Downtown Buffalo, WY

Deliverables

- Given to JCSD Board and CCMS Administration
- Literature review detailing similar projects in schools across the country at different levels
 - Healthy Vending Campaign Report- Missouri DHSS
 - Healthy product list from National Alliance for Nutrition and Activity (NANA)
 - Revenue fact sheet for vending machine owners
 - Eat Smart Guidelines factsheet
- Suggested implementation timeline & example survey
- Information sheet about Wyoming Farm to School local resourcing program



Healthy vending machine examples

Community Health Project Plan

- Meet with school officials and JCSD nutrition services
- Contact vendors & determine what products can be procured for vending machines
- Coordinate JCSD, PTA, & vendors for trial run at middle school level- Clear Creek MS (CCMS)
 - Survey students about preferences and baseline consumption of vending products
 - Development of App providing list of options and nutritional information
 - School based marketing campaign culminating in a taste test of products
 - Monitor sales and survey students regarding consumption habits again at 1 month and reevaluate



Sign from Clear Creek Middle School

Literature Review

- Healthy vending option projects completed at numerous schools & state facilities nationwide
- Projects showed increased fruit and vegetable intake by at least 0.4 items per day and reduction of BMI
- Revealed school based marketing and peer encouragement to be highly motivating
- Found providing nutritional information alone not enough
- Increased vending sales with minimal increase in spoilage loss for vendor (1-3%)

Next Steps

- Product sourcing partnerships with local producers and grocers
 - Wyoming Farm to School Program
- Funding for more vending machines with healthy snack choices & expansion to other schools in JCSD
- Expanded state guidelines regarding vending machine food and beverage options in schools
- Include teacher's lounge a la carte vending machines