

# Healthy Meetings Policy

## PURPOSE

To establish healthy meeting guidelines within our organization and any events we host. Studies show a strong relationship between a healthy physical environment and positive health behaviors. Most people spend nearly half of their waking hours at work, and many of those hours are spent in meetings or conferences. It is consistent with the goals of Michigan Public Health Association (MPHA) to provide members and conference and events attendees with access to healthy food and beverage options along with opportunities for physical activity at all MPHA-sponsored meetings and conferences. Michigan Public Health Association will make the healthy choice the easy choice at all MPHA – sponsored events and conferences.

Michigan Public Health Association will offer food and physical activity options that are consistent with:

- Healthy Meetings and Events, Centers for Disease Control and Prevention
- Dietary Guidelines for Americans
- MyPlate, US Department of Agriculture
- Physical Activity Guidelines for Americans

At each meal provided by Michigan Public Health Association, a variety of the following healthy food options will be included:

- Fruits and/or vegetables
- Low-fat milk or dairy products
- Whole grains
- Lean protein such as poultry, fish, or lean (unprocessed) meat
- When available, low-fat, low-sodium, and/or low-sugar options
- Smaller plates or serving sizes
- Condiments on the side
- Water or low-calorie and/or unsweetened drink options

## Sample Menu

### Breakfast –

Fresh fruit, unsweetened juice  
Low-fat yogurt  
Small bagels or muffins  
Whole grain waffles, bread or English muffins

### Lunch or Dinner –

Salads with low-fat or fat-free dressings on the side  
Sandwiches on whole-grain breads

Lean protein such as poultry, fish, or tofu  
Steamed vegetables

**Dessert or Snack –**

Cut up fresh fruit salad or whole fruit  
Small portion of sweets  
Low-fat ice cream or frozen yogurt

At each meeting or event hosted by Michigan Public Health Association, a variety of the following physical activity options will be included:

- Formally include a physical activity break in the agenda
- Encourage attendees (through announcements or in written materials) to move within the meeting space (standing, stretching) during the meeting
- Periodically break up sitting time
- For all day conferences, support physical activity before, during, and after the work day
- Provide adapted programming or alternative activities for those with physical disabilities
- Identify someone to lead a short physical activity break

*Board of Directors*

*Michigan Public Health Association*

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Signed / Approved by

\_\_\_\_\_  
Title

12/13/2018

\_\_\_\_\_  
Date