



# Calorie Posting in Acute Hospitals- The “Dropped Scone”

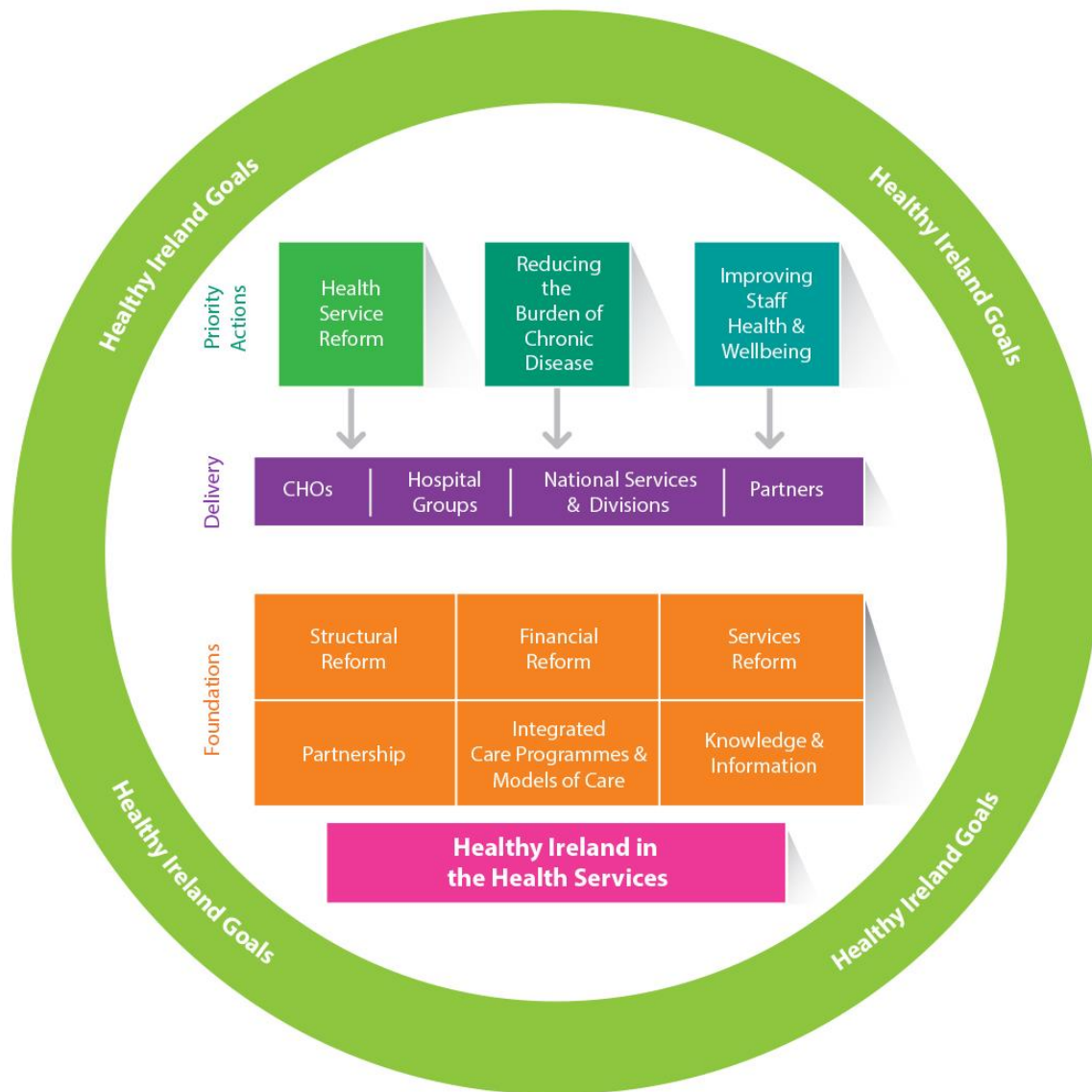
[www.hse.ie/calorieposting](http://www.hse.ie/calorieposting)

**Laura Molloy -Health Promotion and Improvement**  
**Karen Cocoman – Athlone Institute of Technology**  
**Louise O’Reilly- Athlone Institute of Technology**  
**Grainne Walsh - Athlone Institute of Technology**



# Healthy Ireland in The Health Service- National Implementation Plan 2015-2017

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# Calorie Posting in the Health Services

Who

- Catering, facilities & Dietetics

What

- Providing calorie counts on food and drinks

For

- HSE Staff, and Visitors

Why

- Help everyone make healthier choices



# Calories on menus -does it work?

## PEOPLE EAT LESS WHEN CALORIES ARE DISPLAYED ON MENUS

Consumers can see the amount of calories in the foods for sale beside the price when making their choice. Research in America found that when calories are on menus, people ate:

- 152 less calories at hamburger joints with each purchase
- 73 less calories at sandwich bars with each purchase
- 6% less calories overall each day

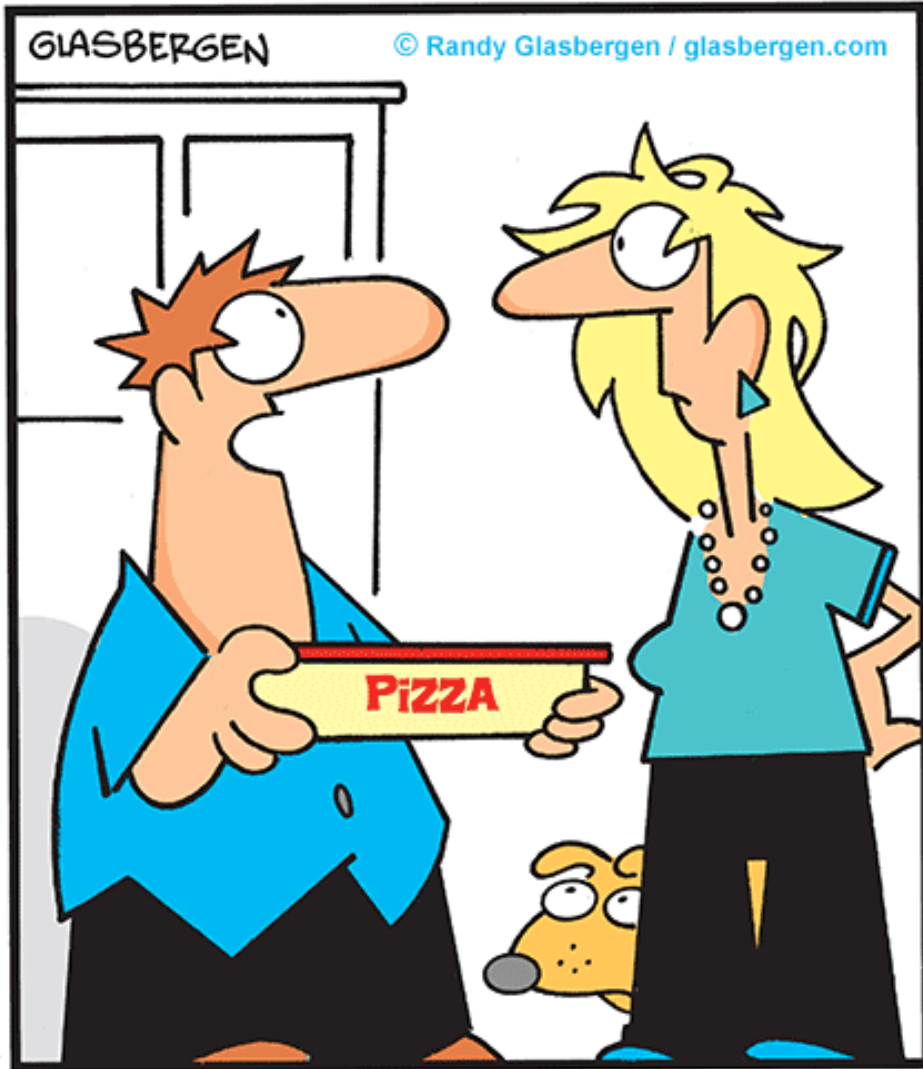
If calorie intakes are reduced by this much in Ireland, it will have a major effect on our obesity problem.

HEALTHY  
FSAI (2012) What people need to know about calories on menus in Ireland



Feidhmeannacht na Seirbhíse Sláinte  
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2016

**“My doctor says fish is the best food for weight loss so I ordered an anchovy pizza.”**



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# The purpose of the calorie posting policy is to...

- Encourage increased uptake of healthy food and beverage options at HSE premises
- Ensure that the organisation reflects best practice in relation to healthy eating
- Use calorie posting to promote and provide health education



# HSE -Calorie Posting Policy

The policy states that for calorie posting to work these steps must be followed in all HSE facilities

Calorie  
information  
must be

- In place for all food and drink items on sale
- Shown clearly at 'point of choice' for the customer
- Shown per standard portion or per meal
- Available on the daily needs for an average person to help the customer to understand



# 'Point of Choice' Calorie Posting

At 'Point of Choice' calorie information must be clearly presented and beside the price.

If there is more than one 'Point of Choice', calories must be posted at each point.



Typical 'Point of Choice' locations include:

- Printed menus
- Menu boards
- Chalk boards
- Shelf edging
- Counter display tags
- Table centres
- Flyer-style menus





## Hot Breakfast Bar

Item	Weight per portion	Calories per portion
Rasher	22g	64 kcal
Turkey Rasher	18g	15.9 kcal
Fried Egg	62g	120 kcal
Poached Egg	42g	41 kcal
Scrambled Egg	55g	76 kcal
Grilled Sausage	51g	161 kcal
Beans	113g	105 kcal
Mushrooms	113g	34 kcal
Grilled Tomato	66g	11.2 kcal
Hash Browns	64g	82 kcal
Porridge	120g	73 kcal

\*This calorie information is based on food produced in Catering Dept MRHM. Calorie counts may vary with other dining facilities eg. size of fruit and brands of food types & recipes



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52 kcal



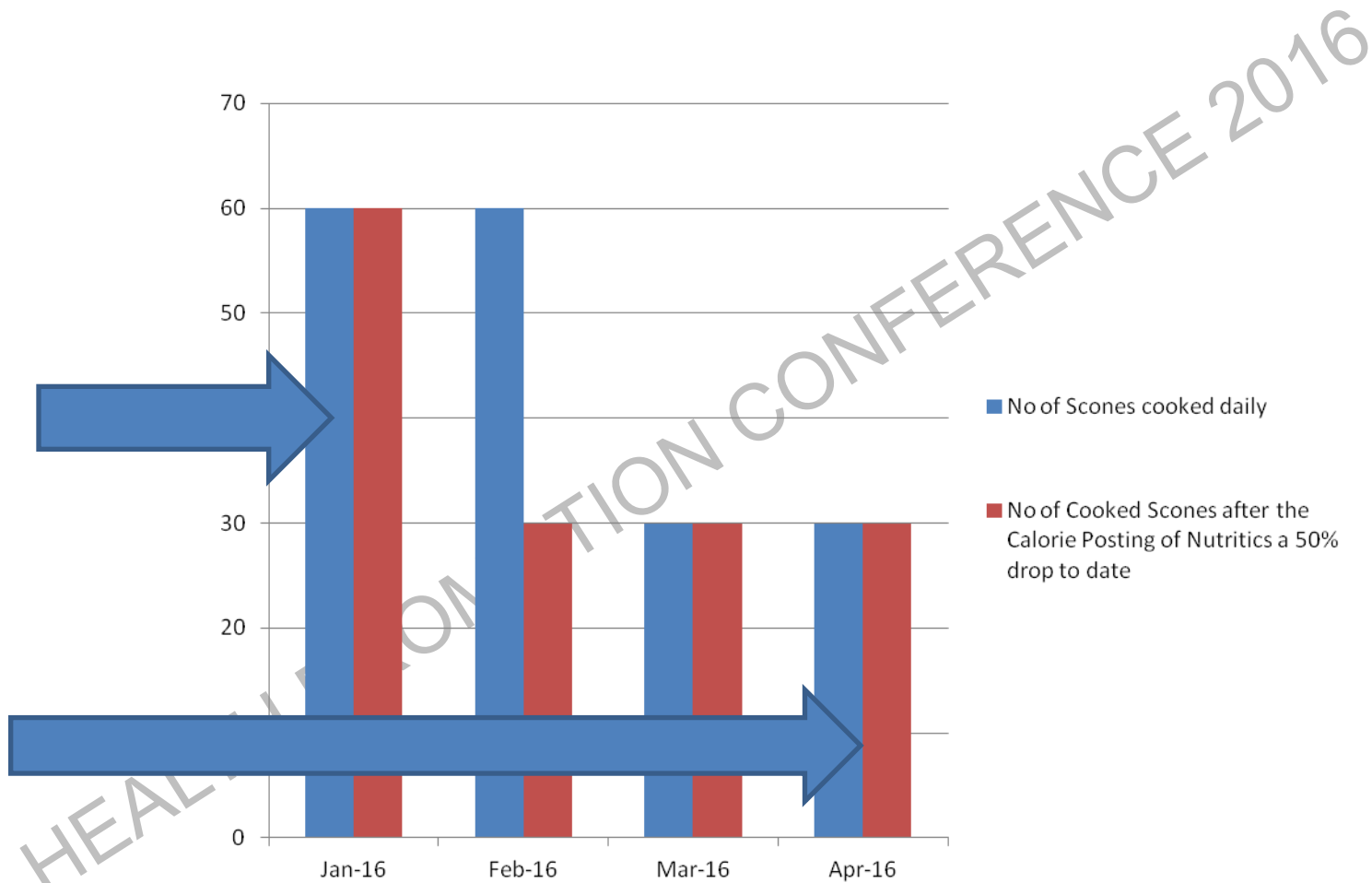
47 kcal



45 kcal

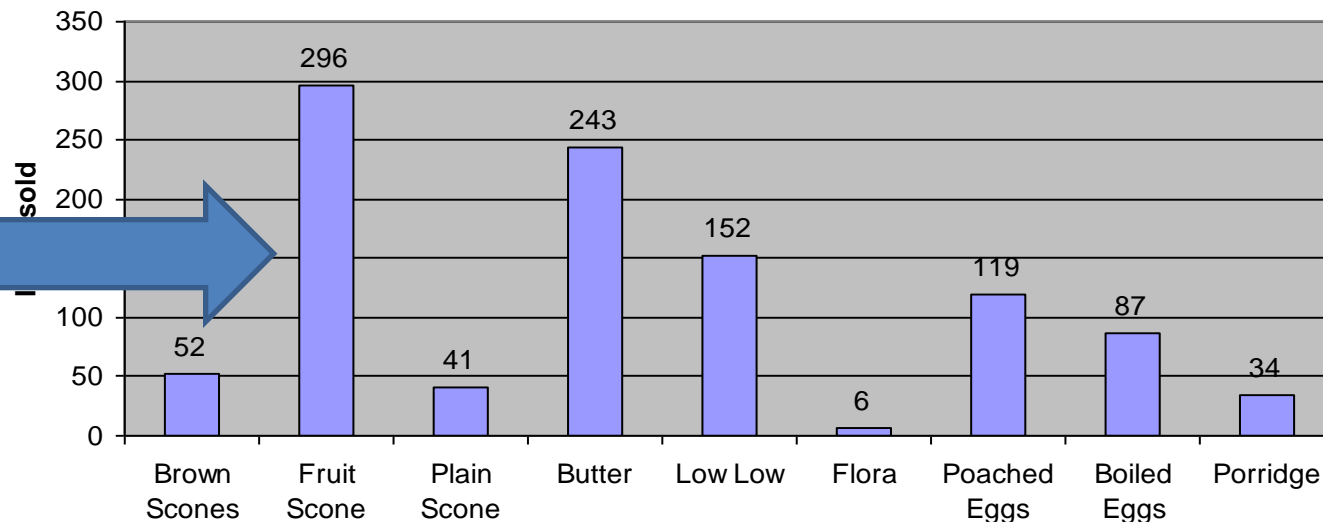


# Cappagh-Scone Sales

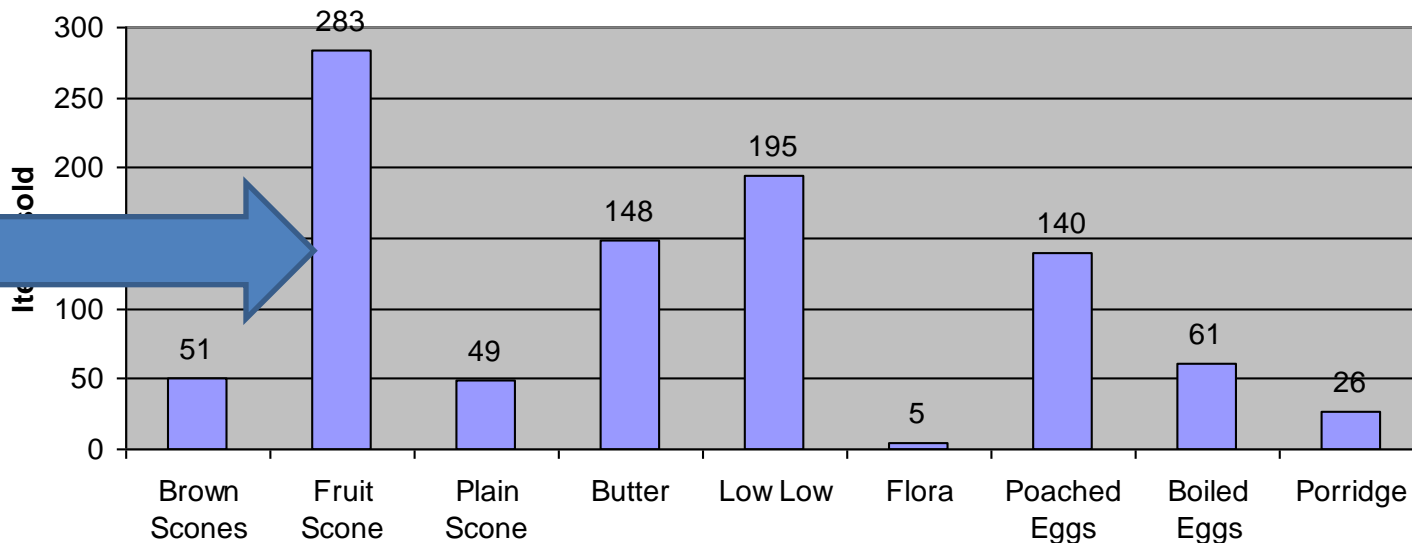


# Portiuncula –Scone Sales

Sales Consumer trends Pre calorie posting 30/11/15- 6/12/15

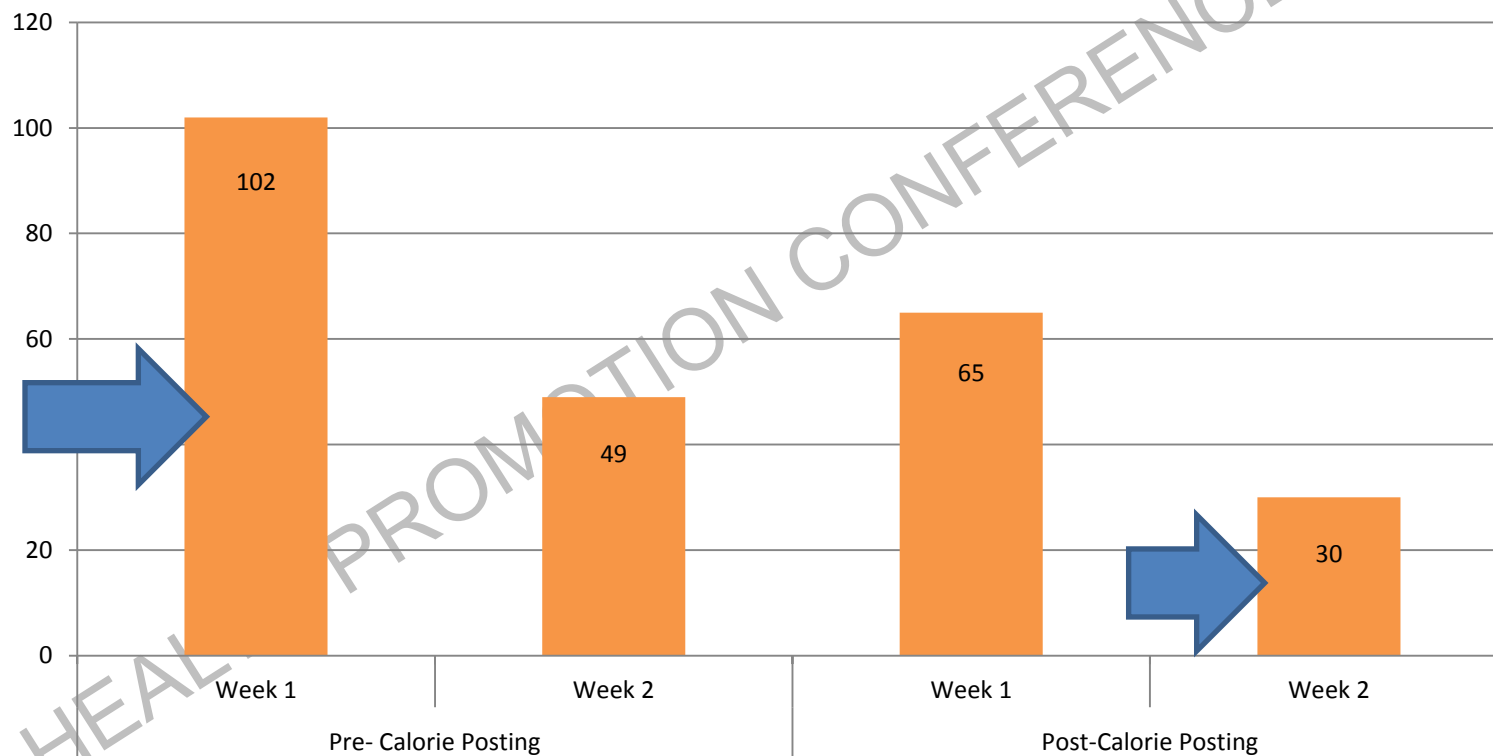


Sales Consumer trends Post calorie posting 7/12/15- 13/12/15

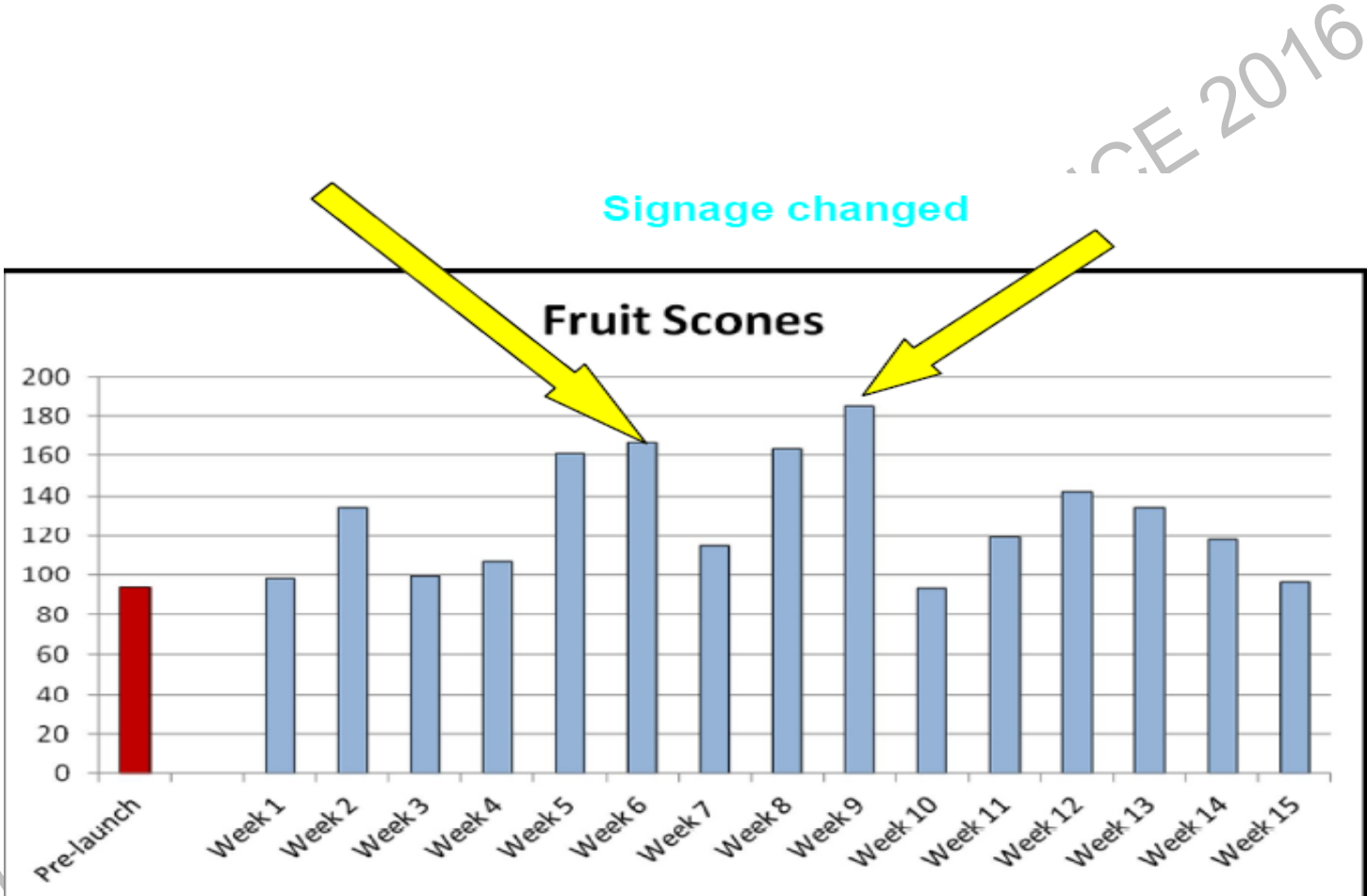


# Merlin-Scone Sales

## Fruit Scones



# Sligo –Scone Sales



# In summary

- Cappagh Hospital :50% daily decrease in the sale of fruit scones and an increase of sales in healthier options e.g. scrambled eggs, boiled eggs
- Midland Hospital Mullingar :drop off in fruit scones from 80 scones daily before the commencement of calorie posting to 50 post calorie posting
- Merlin Park and Sligo : Decrease of sales in fruit scones and a proportional rise in brown scones





- Sligo University Hospital :sales of fruit scones did not decrease until signage was improved.
- St Michael's Hospital in Dun Laoghaire: there was only a significant drop in scones after a healthy eating initiative by a dietitian
- Other hospitals such as Temple St. Children's University Hospital and Wexford General Hospital found no change in scone sales



# In Conclusion

- This is a snap shot of sales from catering services across the health services.
- Further monitoring of sales is needed to establish if this initial drop of scones is sustained.
- To obtain a greater insight into the possible effects of calorie posting policy more rigorous research is needed.



Laura Molloy [laura.molloy@hse.ie](mailto:laura.molloy@hse.ie)

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