



**Community Transformation Program
Success Story
July 2015**



Worksite Increases Healthy Vending Options by Over Thirty Percent

Issue

During a workplace Community Health Assessment and Group Evaluation (CHANGE) Tool assessment in March 2015 at the United States Postal Service (USPS), Community Transformation Program (CTP) staff identified a high need for healthier vending machine options. USPS management shared a desire to increase the percentage of healthy options in the beverage and snack vending machines. Not knowing how to approach the subject with their staff and vendor, USPS enabled technical assistance from CTP staff.

Activities

CTP staff requested a meeting with the USPS vendor, Valley Vending QC. During the June 2015 meeting, CTP staff explained background information on Nutritional Environment Measures Survey – Vending (NEMS-V) and provided examples of what yellow and green product pushers look like. Without hesitation, Valley Vending QC expressed a willingness to implement NEMS-V at the USPS. Together, the three organizations collaborated on the most appropriate manner to select desirable NEMS-V green and yellow healthy options to provide in the beverage and snack machine. In July 2015, USPS management asked staff to complete a short questionnaire on which NEMS-V green and yellow healthy options they would like to see in the vending machines. Once results were collected, an implementation date was set!

Results

Prior to the NEMS-V implementation the snack vending machine only offered 13% NEMS-V green and yellow healthy options. NEMS-V was successfully implemented in July 2015, with 46% NEMS-V green and yellow healthy options and a healthy price structure for the USPS staff in the snack vending machine. Valley Vending QC regularly monitors and ensures the variety of healthy NEMS-V green and yellow healthy options in the snack vending machine, along with providing sale reports upon request to USPS.

Lessons Learned

The USPS learned that there are a variety of ways to promote health throughout their workplace! One of the best ways for their workplace to lead by example and empower employees to make healthier choices is to create a healthy environment for their employees by offering healthier vending machine options through NEMS-V.