

**From:** Grace Ockwell  
**To:** ["Carrick"](#)  
**Subject:** Local Government Official Information and Meetings Act 1987 (LGOIMA) -  
**Date:** Thursday, 2 April 2015 10:50:26 a.m.  
**Attachments:** [BEAGLEHOLE\\_SSB\\_DCC\\_Feb2015\\_V3\\_COMPRESSED.ppt](#)  
[Graham, Carrick LGOIMA Documents to be released 2 April 2015.pdf](#)

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Good morning Carrick,

Thank you for your email of 11 March 2015 requesting information about the recent seminar presented to elected members and staff by Dr Rob Beaglehole. Your request has been considered under the provisions of LGOIMA and the following response is provided. I have used your numbering and repeated your questions to give context to our response.

1. *Please provide the list of Councillors and Council staff and their positions, that met with Nelson Marlborough District health Board principal dental officer Dr Rob Beaglehole as indicated in the ODT article 'Council mulls sugary drinks ban at venues, events' 11 March 2015. Please take this to include meeting dates, attendees, meeting minutes, presentations or other materials provided for that meeting.*

The Mayor, Councillors Hawkins, Lord, MacTavish and Staynes attended the seminar presented by Dr Beaglehole on March 2015. The meeting was also attended by the following staff: the Corporate Policy Team Leader, the Reserves and Recreation Planning Team Leader, the Recreation Planning Officer, the Reserves Status Officer, the Reserves Policy and Planning Officer and the Policy Support Assistant.

Dr Beaglehole talked through a Power Point presentation at the meeting. A copy of the Power Point Presentation which was provided to the Dunedin City Council after the date of your request, is attached.

2. *Copies of letters, emails and or other communications that the Mayor Dave Cull is sending to local health authorities about a policy proposal that would ban sugary drinks from being sold at its venues and events.*

There are no letters, emails or other communications from the Mayor to local health authorities and therefore your request is declined pursuant to section 17(g) of LGOIMA.

3. *Copies of any responses, emails received by Dunedin City Council and Mayor Dave Cull in response to his letter, email as outlined in point 2 above.*

We do not hold any information as requested in this question, and therefore your request is declined pursuant to section 17(g) of LGOIMA.

4. *Copies of any emails, and other communications received by Dunedin City Council and Mayor Dave Cull from Dr Rob Beaglehole for the 2014 and 2015 years to date.*

Please find attached copies of all communication between the Dunedin City Council and Dr Rob Beaglehole. The Healthy Guidelines attached to the email from Andrew Lonie to Dr Beaglehole sent on 26 February 2015 have been approved for implementation by the Executive Leadership Team at the Dunedin City Council. These guidelines are designed to promote choice.

The Mayor has not emailed or communicated with Dr Rob Beaglehole during the period stated in your request.

5. *Copies of any emails, and other communications received by Dunedin City Council and Mayor Dave Cull from the University of Otago's Dr Lisa te Morenga for the 2014 and 2015 years to date.*

There has been no correspondence between the Dunedin City Council and Dr Lisa Te Morenga for the 2014 and 2015 years to date.

As we have withheld some information, you have the right pursuant to section 27(3) of LGOIMA to have our decision reviewed by the Office of the Ombudsman.

Yours sincerely

Grace Ockwell

**Governance Support Officer**

50 The Octagon, Dunedin; PO Box 5045, Moray Place, Dunedin 9058, New Zealand

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# **Dunedin City Council Healthy Eating Guidelines**

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## **Goal**

The Dunedin City Council (the Council) recognises and values the importance of healthy eating in promoting health and wellbeing. Through these guidelines the Council will ensure that a variety of healthy food and drinks are available at all Council-owned facilities. The outcome of the implementation of the guidelines will be to broaden consumer choice, through the addition of healthy options.

## **Rationale**

Nutritional status and physical activity levels are recognised as key determinants of physical, emotional and social health. The Dunedin City Council recognises its potential to enhance the work it does to promote active lifestyles, by creating a supportive environment for healthy food choices.

As a large employer, and a leading provider of recreational facilities in Dunedin, the Council also recognises that it is in a key position to encourage and enable healthy eating.

These guidelines support the objectives of the Council's Social Wellbeing Strategy and, because the effect of good nutrition extends far beyond physical health, also contribute to the goals of the Economic Development Strategy, and a number of the Community Outcomes identified in the Long Term Plan.

## **Scope**

These guidelines have been developed to inform and direct Council's efforts to make the healthy choice the easy choice for Dunedin residents. The guidelines apply to:

- Healthy vending options
- Healthy catering options
- Food marketing and promotion.

## **Guidelines**

### **Healthy Vending**

Dunedin City Council is committed to ensuring that healthy options are available in the vending machines within Council owned and managed facilities.

Current best practice guidelines suggest that the simplest and most efficient way to define healthy options for vending machines is to use energy limits. The recommended limits, to be adopted by Dunedin City Council, are:

- 800kJ per item for beverages and
- 800kJ per item for snacks.

With regard to beverages, it is also recommended that 50% of the carbonated drinks available are diet or zero sugar options.

To maximize consumer choice, it is recommended that at the time of initial implementation of these guidelines, 50% of the items stocked in vending machines sit within these energy limits. This ratio can be progressively increased over time if desired.

In addition, all contracts with vending machine vendors should stipulate that:

- The healthy options are clearly labelled
- The healthy options are placed for maximum exposure e.g. at eye level
- The vending machine skins reflect the healthy choices available
- The vending company is responsible for ensuring the machines are filled with the percentage of healthy options that the Council has requested.

### **Healthy Catering**

The Council commits to providing a variety of food and beverages to ensure healthy choices are always available:

- Provide vegetables and salads at all meals.
- Incorporate vegetables into other menu items (e.g. sandwich fillings, soups, quiches, omelettes, pasta, baked potatoes).
- Seasonal fruit should always be offered, as fresh fruit and/or fresh fruit salad.
- At least 50% of sandwiches should be on wholemeal, rye or wholegrain bread.
- A variety of bread options should be offered e.g. rolls, pita bread, wraps.
- At least 25% of sandwich and savoury options should be vegetarian.
- Use lean meat, remove skin from poultry.
- Limit the use of processed meat (e.g. sausages) and deli meats (e.g. salami, ham).
- Use low fat cooking methods e.g. grilling.
- Provide/use reduced-fat versions of dairy products (e.g. light yoghurt, sour cream and cream cheese).
- Limit the use of cream and offer yoghurt as an alternative.
- Have baked products (muffins, scones) available without table spread, or provide spread separately.
- Serve dressings and sauces separately rather than automatically adding them to food.
- Where possible use low-sodium ingredients (e.g. those that are labelled 'low



- salt', 'no added salt' or 'salt reduced').
- Ensure tap water is always available.
- Use reduced or low fat milk as the default milk for hot drinks.
- Offer smaller or half-size portions of sweet baked products (e.g. mini muffins, smaller cookies/ slices).

### **Food Marketing and Promotion**

There is strong evidence that exposure to food advertising has a marked effect on food choices, particularly children's choices. The Dunedin City Council has chosen to make "the healthy choice the easy choice" for Dunedin residents by:

- 1) Actively promoting healthy choices where they exist. This will be done via:
  - a clear labelling system, such as a green sticker on healthy choices,
  - prominent placement of healthy options (e.g. at eye level) and,
  - ensuring healthy options are price competitive.
- 2) Being mindful of, and deliberate in, the decisions it makes with regard to food sponsorship. Where possible, alternatives to food sponsorship (e.g. for facilities or events) should be sought. Where this is not possible, an expert group such as the Otago physical activity and nutrition network (PAN Otago) should be consulted.

### **References**

1. Healthy Eating - Healthy Action, Oranga Kai Oranga Pūmāu. Implementation plan 2004-2010 (2004). Wellington: Ministry of Health
2. Food and Nutrition Guidelines for Healthy Adults - A Background Paper (2003). Wellington: Ministry of Health
3. NZ Food and Nutrition Guideline statements for healthy adults (2003). Wellington: Ministry of Health
4. Better Vending For Health Guidelines (2008). Auckland: Waitemata District Health Board

## Grace Ockwell

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**From:** Andrew Lonie  
**Sent:** Wednesday, 11 March 2015 09:29 a.m.  
**To:** Roby Beaglehole; Ruth Zeinert  
**Subject:** RE: ODT today

Thanks Rob – yes it does seem to have stirred up some momentum!

We are both going to the local Health Promotion network meeting this morning and the topic is on the agenda already so will be interesting to see the reaction – I imagine they may well want to write in support as a group as they previously done re vending machines at Moana Pool.

Thanks for wrangling with the presentation, a compressed version would be good if possible

Cheers  
Andrew

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**From:** Roby Beaglehole [<mailto:Roby.Beaglehole@nmdhb.govt.nz>]  
**Sent:** Wednesday, 11 March 2015 9:16 a.m.  
**To:** Andrew Lonie; Ruth Zeinert  
**Subject:** ODT today

Hi Guys  
Well done for initiating this article in the ODT!

<http://www.odt.co.nz/news/dunedin/335879/council-could-go-sour-sugary-drinks-its-venues-and-events>

It would be IDEAL for you 2 and all of your friends/contacts to write to the ODT in support of this and to Dave Cull voicing support. He will get inundated with the noisy nay sayers so it would be good for him to have support from positive people.

Andrew I am still trying to compress my talk for you.  
Rob

Dr Rob Beaglehole, BSc, BDS, MSc Dental Public Health (London)  
Principal Dental Officer  
Community Oral Health Service  
Nelson Marlborough District Health Board  
(03) 546 1600 ext 7600

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**From:** Andrew Lonie [<mailto:Andrew.Lonie@dcc.govt.nz>]  
**Sent:** Thursday, 26 February 2015 8:29 a.m.  
**To:** Roby Beaglehole  
**Cc:** Ruth Zeinert ([ruth@elwin.co.nz](mailto:ruth@elwin.co.nz))  
**Subject:** seminar

Hi Rob,  
Thanks for a great presentation yesterday, a number of people have already commented on how engaging they found it.

Attached are the guidelines that Ruth has created and which we showed you yesterday. Ruth is far more knowledgeable than me in this area and will be able to work through any development of these with you.

Hope the fluoridation workshop goes well today, and it would be great in due course to get a copy of the presentation you gave here, and also the policy implementation framework you showed us.

Kind regards,  
Andrew

Andrew Lonie  
Recreation Planning Officer  
Parks Recreation and Aquatics  
**Dunedin City Council**

50 The Octagon, Dunedin; P O Box 5045, Moray Place, Dunedin 9058, New Zealand  
Telephone: 03 474 3430  
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<http://www.dunedin.govt.nz/> <http://www.facebook.com/DunedinCityCouncil><http://twitter.com/DnCityCouncil><http://www.linkedin.com/company/dunedin-city-council>



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**Tier 1: Facilities providing food that are owned and staffed by Council**

- None in this category to my knowledge

**Tier 2: Facilities providing food that are owned and managed under a contract by Council**

- DCC Pools, eg vending machines at Moana and community pools
- DCC 4<sup>th</sup> floor cafeteria
- DCC Civic Café
- Civic Centre snack boxes
- Toitu (café, and catering for functions)
- Art Gallery (through catering for functions)
- Library Teen Space vending machine
- Caledonian Athletics Track canteen
- University Oval canteen

**Tier 3: Facilities providing food that are owned by Council, but managed by an external organisation delivering a community service**

- Edgar Centre (café and vending machines)
- Ice Stadium (café/snack boxes)
- Regent Theatre (canteen)
- Dunedin Venues – Stadium, Town Hall and Dunedin Centre
- Sargood Centre – functions hosted by tenants such as Otago Polytechnic and Sport Otago

**Tier 4: Facilities providing food that are owned and managed by an external organisation delivering a community service, but have a land lease with Council**

There will be a large number in this category, but examples include

- Sunnyvale Sports Centre and Westpac Bowls Stadium – commercial style kitchens
- Numerous bowling clubs (bar/snack sales)
- McMillan Hockey Centre (bar/snack sales)

## Grace Ockwell

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**From:** Roby Beaglehole <Roby.Beaglehole@nmdhb.govt.nz>  
**Sent:** Friday, 20 February 2015 04:49 p.m.  
**To:** Andrew Lonie  
**Subject:** RE: Emailing: Tiering of facilities affected by healthy food options\_Jan15.docx

Thanks for this info Andrew  
Look forward to meeting you and hearing what is going on at the local level.  
Cheers  
Rob

Dr Rob Beaglehole, BSc, BDS, MSc Dental Public Health (London) Principal Dental Officer Community Oral Health Service Nelson Marlborough District Health Board  
(03) 546 1600 ext 7600

-----Original Message-----

From: Andrew Lonie [<mailto:Andrew.Lonie@dcc.govt.nz>]  
Sent: Thursday, 19 February 2015 3:49 p.m.  
To: Roby Beaglehole  
Cc: Ruth Zeinert ([ruth@elwin.co.nz](mailto:ruth@elwin.co.nz))  
Subject: Emailing: Tiering of facilities affected by healthy food options\_Jan15.docx

Hi Rob,

Good to talk with you this afternoon and look forward to meeting next week, from about 1.15 here at DCC.

As we discussed attached is the list of Dunedin City Council facilities (ranked in descending order of how much control/influence Council would have over them) to which Healthy Food policy/guidelines could be applied.

I'll check in again with numbers next week but earlier this week our Policy team said it was at around 40-50.

Also I will make sure everything is in place with logistics/IT for you to show your presentation from memory stick or Mac.

Kind regards,  
Andrew

Andrew Lonie  
Recreation Planning Officer  
Parks Recreation and Aquatics  
Dunedin City Council  
50 The Octagon, Dunedin; P O Box 5045, Moray Place, Dunedin 9058, New Zealand  
Telephone: 03 474 3430  
Cell: 027 275 7014  
Email: [alonie@dcc.govt.nz](mailto:alonie@dcc.govt.nz)  
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# Is Limiting Sugary Drinks a Local Government Responsibility?

**Dr Rob Beaglehole**

Dunedin City Council, February 25<sup>th</sup> 2015



# Local Government

- Is one of the most important and powerful ***influences*** on the health and wellbeing of communities and populations
- The ***decisions*** local government makes affect the determinants of health
- Has the ***ability*** to improve population health and reduce inequalities in New Zealand





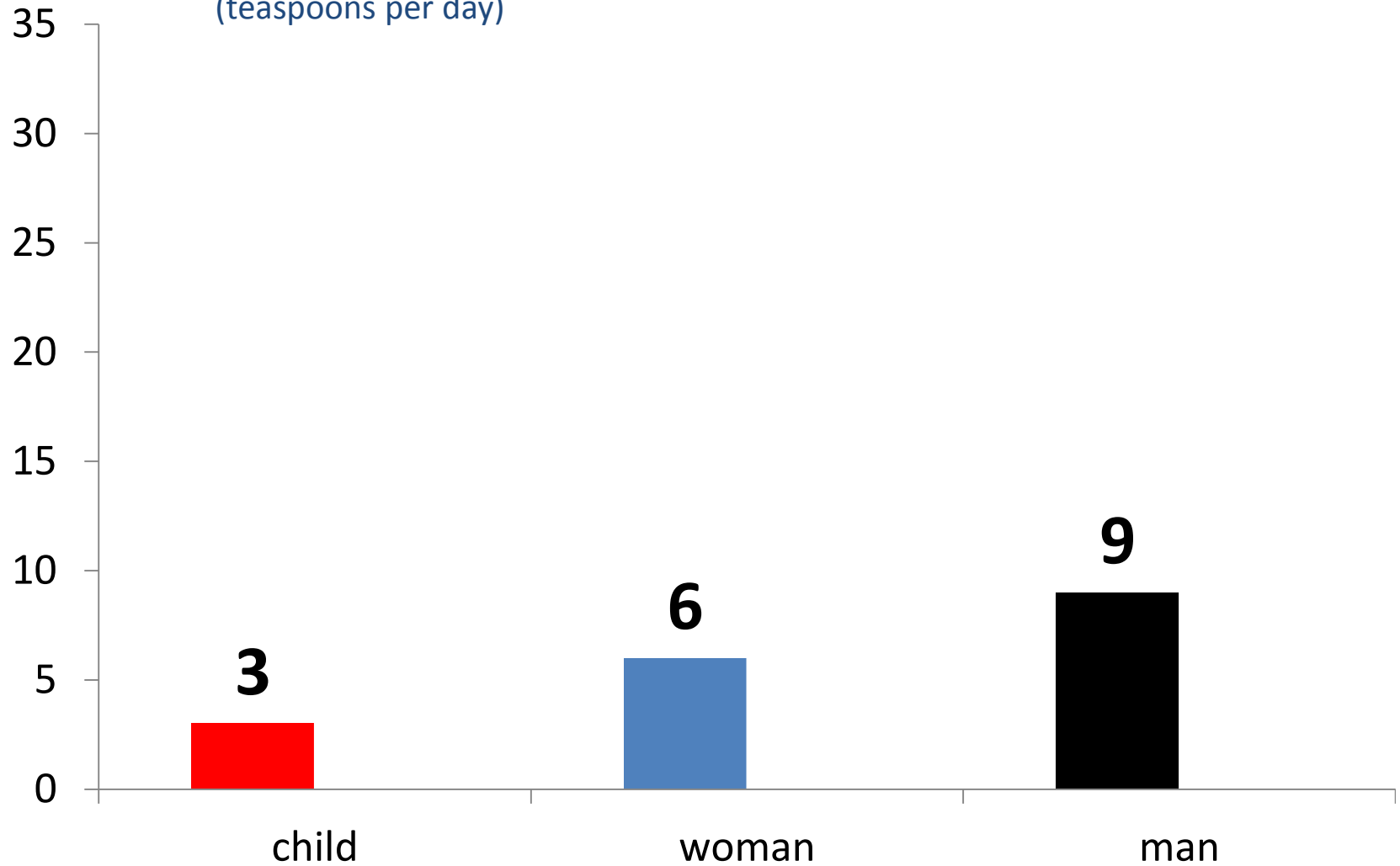
# Sugar Sweetened Beverages

- Are the leading **cause** for many NCDs
- Consumption has dramatically **increased**
- Have **no** nutritional value
- Are **cheap**, available and accessible
- Are widely **advertised**
- SSBs are **alcohol** for kids
- SSBs are **the number one** source of calories



# Sugar Intake - Recommended

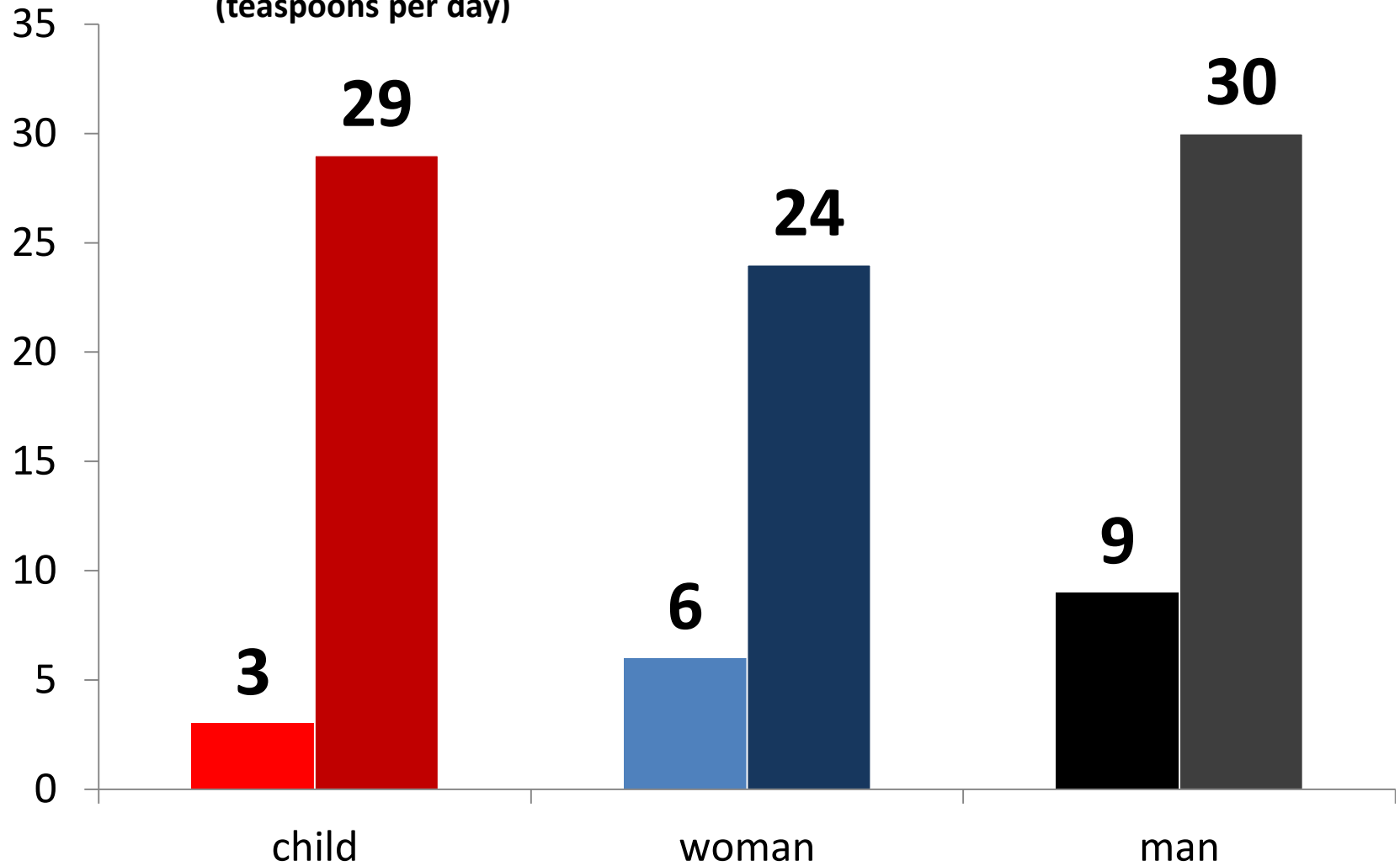
(teaspoons per day)

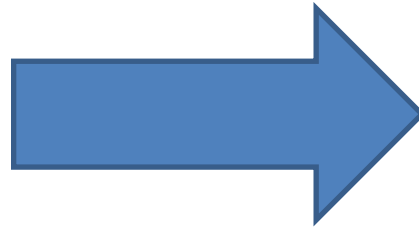




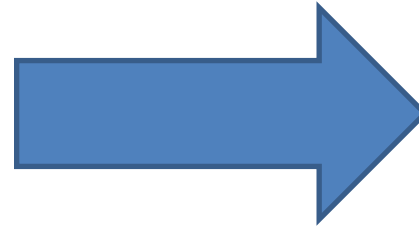
# Sugar Intake - Actual

(teaspoons per day)

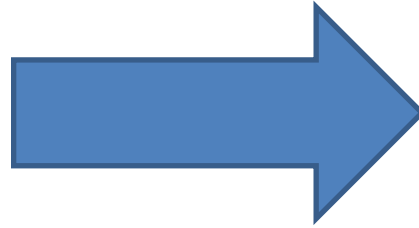




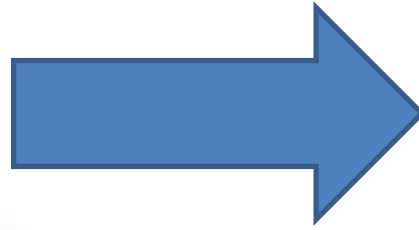
**ROTTEN TEETH**



**OBESITY**



**DIABETES**



**GOUT/CVD/  
CANCER**



# Sugary drinks, obesity and diabetes

- One sugary drink each day increases a child's risk of obesity by **60%**
- One sugary drink a day increases the risk of type II diabetes by **25%**
- Diabetes is the number one cause of amputations
- <https://www.youtube.com/watch?v=myxwCEGcBYc>

**DRINK COKE. GET FAT.**





# A picture of health





# Pain and suffering























*Tooth decay*



*Obesity*



*Diabetes*

# SSBs = sugar delivery device

- 355ml can                      9 tsp sugar
- 600ml bottle                16 tsp sugar
- 1.5 l bottle                 40 tsp sugar
- 2.25 l bottle                60 tsp sugar
- <https://www.youtube.com/watch?v=uvFeo4iRW4s>



# A sad case study

- 16 year old Nelson teenager example...











# Top 10 selling items in NZ supermarkets

1. Coca-Cola 1.5l
2. Wattie's spaghetti 420g
3. Coca-Cola 2.25l
4. Nature's Fresh white toast 700g
5. Wattie's baked beans 420g
6. Dole bobby bananas 850g
7. Tip Top soft white toast 700g
8. Sprite Lemonade 1.5l
9. Mollenberg original toast 700g
10. Coke Zero 1.5l











**The Nelson Mail**

FRIDAY, FEBRUARY 21, 2014

# **HOSPITAL BANS SUGAR DRINKS**

**PROJECTS AXED  
IN TASMAN BUDGET**



# Is limiting sugary drinks a local government responsibility?

*“It is no exaggeration to say that without local government, adults and children would die sooner, would live in worse conditions, would lead lives that made them ill more often and would experience less emotional, mental and physical well-being than they do now.”*

*Campbell 2010*



# Nelson City Council Campaign

- DHB's have a statutory responsibility to advise Councils on public health issues.
- Lobbied the NCC that Council develop a policy on SSBs
- Mayor Rachel Reese
- Successful!





# NCC Sugar Sweetened Beverage Policy

- 1<sup>st</sup> step removed all SSBs from NCC vending machines, workplaces and council functions
- 2<sup>nd</sup> stage moved policy into wider community by working with vendors at Council funded events



# Nelmac water tanker

- Water tanker at Council funded events
- Drinking water free of charge
- Branded eco cups



# Keys to success

- Support of Mayor and Councillors
- Support from DHB, Nelmac
- Good communication with the public
- Having info on alternatives
- Council provides free healthy alternative
- Voluntary approach



# Marlborough District Council







# School example



**SUBWAY**

**Lunch Order**

Name \_\_\_\_\_

Class \_\_\_\_\_

**Your Cost**

<b>Sandwich</b>	Mini sub	\$ 3.00	<input type="checkbox"/>
	6 Inch	\$ 4.00	<input type="checkbox"/>
<b>Meat (tick one)</b>			
Ham	<input type="checkbox"/>		
Beef	<input type="checkbox"/>		
Turkey	<input type="checkbox"/>		
Salami	<input type="checkbox"/>		
Veggie	<input type="checkbox"/>		
<b>Salads (tick any)</b>			
Cheese	<input type="checkbox"/>		
Lettuce	<input type="checkbox"/>		
Tomato	<input type="checkbox"/>		
Mayonaise	<input type="checkbox"/>		
BBQ	<input type="checkbox"/>		
<b>Juice</b>		\$ 1.00	<input type="checkbox"/>
<del>Milk Chocolate</del>		<del>\$ 1.50</del>	<input type="checkbox"/>
<del>Milk Strawberry</del>		<del>\$ 1.50</del>	<input type="checkbox"/>
<b>Water</b>		\$ 1.50	<input type="checkbox"/>
<b>Apple</b>		\$ 1.50	<input type="checkbox"/>
<b>Yogurt</b>		\$ 1.50	<input type="checkbox"/>
<b>Cookie</b>		\$ 0.50	<input type="checkbox"/>
<b>Total</b>			<input type="checkbox"/>





**54kg SUGAR**

Average Persons  
Yearly Intake

**SUGAR**

**SUGAR**

**SUGAR**

## CONSEQUENCES OF SSBs



**42%**  
of Kids have rotten teeth



**34,000**  
Children have had  
teeth extracted



**5,050**  
Children 7yrs put under  
General Anaesthetic  
(dental related)

**\$20 Million+**  
Costs of GA's





## How much sugar is in drinks?

High sugar drinks contribute to tooth decay and overweight. Save for special occasions only.

Flaxy Drinks	Sports Drinks	Fruit Juices
<b>Sugar Content</b> 15 - 20 teaspoons	<b>Sugar Content</b> 14 teaspoons	<b>Sugar Content</b> 10 teaspoons
<b>Energy Drinks</b> <b>Sugar Content</b> 7 teaspoons	<b>Flavoured Drinks</b> <b>Sugar Content</b> 4 teaspoons	<b>Flavoured Milk</b> <b>Sugar Content</b> 4 teaspoons

**Drinks for healthy kids**

**Low fat milk**  
(light blue not green that)  
A good source of calcium



**Water - The best choice**  
Try citrus and flavoured water:  
- lemon  
- lime  
- orange  
- berry  
- citrus fruit

**Water is cheap and easy!**



PLEASE REPORT  
TO THE  
OFFICE ON ARRIVAL

## Want to stop smoking?

For advice & support  
call the Quitline  
**0800 778 778**

**Just Water**  
The Natural Alternative™  
Freephone 0800-801-802

**Just Water**  
The Natural Alternative™  
FREEPHONE 0800 801 802



### Fizzy Drinks

(600ml bottle)

may also contain caffeine

#### Sugar Content

16 - 20 teaspoons



# How much sugar is in drinks?

High sugar drinks contribute to tooth decay and overweight.  
Save for special occasions only.

### Sports Drinks

(800ml bottle)

may also contain caffeine

#### Sugar Content

10 teaspoons



### Fruit Juice - (no added sugar)

(400ml bottle)

#### Sugar Content

10 teaspoons



### Energy Drinks

(250ml can)

#### Sugar Content

7 teaspoons



### Powdered Drinks

(1 glass 250ml)

#### Sugar Content

6 teaspoons



### Flavoured Milk

(200ml carton)

#### Sugar Content

6 teaspoons



## Drinks for healthy kids

### Low fat milk

(light blue and green top).

A rich source of calcium.

Introduce low fat milk after 2 years of age.

Make your own flavoured milk by adding  
1 - 2 teaspoons of flavouring to a glass of  
low fat milk.



### Water - The best choice

Try chilled and flavoured with:

- lemon
- mint
- sliced fruit

Water is cheap and easy!

Children need plenty of water to drink everyday.





Exclusive to Onecard



JUST ADD **zero**  AND YOU COULD

**WIN**  
**A FORD FOCUS**  
DELIVERED BY THE ALL BLACKS.

Promotional Period: 22 July and 18 August 2013





Buy any 2  
**Pepsi** products  
and be in to  
**WIN!**



Fill in the entry form on your  
till receipt and put it into the  
entry form box at FreshChoice  
to be in to win an ICC Cricket  
World Cup 2015 T-Shirt  
(Men's size large) and Cap.

pepsi.  
**MAX**  
maximum kick • no sugar

Competition runs from 9th February until the 8th  
March 2015. One entry per transaction.  
Terms and Conditions Apply. See in store for details.  
Items may vary from those shown.

**HOWZAT!**  
FOR PERFORMANCE

A hand holding a bottle of Powerade Isotonic drink, with four New Zealand Blackcaps players in the background. The players are wearing blue and white uniforms with 'ANZ' and 'BLACKCAPS' logos. They are all cheering with their arms raised. The bottle is orange and has 'BLACKCAPS', 'POWERADE', and 'ISOTONIC' printed on it. A cricket bat is also visible in the foreground.

**NEW**

**POWERADE**  
PERFORMANCE IS EVERYTHING™

NEW ZEALAND  
**BLACKCAPS**

# SSB campaign needs to replicate the tobacco campaign

- Taxation
- Advertising bans
- Sponsorship bans
- Limit availability







*but not sugar sweetened beverages*

The "Grip&Go" bottle and the "Contour Bottle" are registered trademarks of The Coca-Cola Company.