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TO:	CHAIR AND MEMBERS COMMUNITY AND PROTECTIVE SERVICES COMMITTEE JANUARY 24, 2017
FROM:	WILLIAM C. COXHEAD MANAGING DIRECTOR OF PARKS & RECREATION & LYNNE LIVINGSTONE MANAGING DIRECTOR OF NEIGHBOURHOOD, CHILDREN, & FIRE SERVICES
SUBJECT:	COLD BEVERAGE VENDING MACHINES IN CITY OF LONDON RECREATION FACILITIES AND CITY HALL

RECOMMENDATION

That, on the recommendation of the Managing Director of Parks & Recreation and the Managing Director of Neighbourhood, Children, and Fire Services, the following actions **BE TAKEN**:

- (a) That this report and the report from the Middlesex London Health Unit (Appendix A) **BE RECEIVED** for information;
- (b) That Civic Administration's plan to arrange the removal of cold beverage vending machines from recreation facilities and City Hall **BE ENDORSED**, including the development and implementation of a comprehensive communication and education strategy;
- (c) That the Middlesex London Health Unit **BE ASKED** to develop and implement the communication and education strategy that helps to support this direction;
- (d) That Civic Administration's plan to arrange the removal of candy vending from recreational facilities at the end of the existing contract in 2017 also **BE ENDORSED**.

PREVIOUS REPORTS PERTINENT TO THIS MATTER
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August 23, 2016 Community and Protective Services Contract Extension: C11-119 Cold Beverage Vending and City Facilities

May 3, 2011 Community and Neighbourhoods Committee RFP 11-07 Cold Beverage Vending

August 11, 2008 Environment and Transportation Committee Update: Proposal to Eliminate the Purchase and Sale of Single-Use Bottled Water at City Facilities

BACKGROUND

On July 19, 2016 the Medical Officer of Health presented to CPSC key activities of the Middlesex London Health Unit (MLHU). In that presentation Dr. Mackie drew the Committee's attention to the dangers of sugary beverages in society and included a position paper by the Heart and Stroke Foundation titled: *Sugar, Heart Disease and Stroke* which reinforces this position (Appendix B attached). Dr. Mackie also suggested that municipal government could play a role in effecting change in Londoners quality of life negatively impacted by sugary beverages and invited the City to consider how we could work with the Middlesex London Health Unit to effect that change. It was noted during this meeting that a review of the vending machines in recreation facilities, in particular in arenas would be worthwhile to undertake. Civic Administration concurred that this review could be conducted and committed to work with the MLHU to evaluate beverage options in vending machines at recreation facilities.

The purpose of this report is to present to Committee and Council the steps that were taken to conduct comprehensive research, to survey our customers, to look at the practices of other municipalities, to develop options, and to recommend a preferred option.

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This review builds on Council's strategic areas of focus of a healthy, safe and accessible City through funding and partnering with the MLHU to promote and protect the health and strength of our community. The Parks and Recreation Strategic Master Plan also supports a greater emphasis on healthier lifestyles and the well-being of Londoners.

The current situation: Cold beverage vending machines are located in most arenas, community centres and at City Hall where a variety of cold beverages are dispensed including: soft drinks (defined as a drink that contains carbonated water, a sweetener, and flavouring), sports drinks, iced tea, fruit drinks, fruit juice, flavoured water, energy drinks and cold coffee beverages. Bottled water is not sold in city facilities. As well there are a variety of candy machines located in recreation facilities. The current vending arrangement results in approximately \$47,000 of annual revenue. The existing cold beverage vending machine contract was extended for up to six months to allow appropriate time for this review and will expire on February 24, 2017.

PROJECT DETAILS

Parks and Recreation Administration worked with a team from the MLHU to develop a project charter to review cold beverage vending in City of London Facilities.

The research: MLHU conducted a comprehensive review of the literature and the findings of this study are included in the executive summary of the MLHU report (Appendix A) with detailed information provided in the full report.

In 2015, approximately 40,500 beverage bottles were sold in vending machines, which is comprised largely of soft drinks, juice products, iced tea, and sports drinks. Note: there is previous support from Council to not to sell single-use water bottles in City facilities where City tap water was easily accessible through water fountains, water bottle filling stations and/or pitchers of water.

A **survey** was conducted over a three week period beginning October 6th, 2016 to gather public input from a total of 956 people who completed either an in-person survey or completed one online. 89.9% (864) of people who completed the survey identified themselves as facility users.

A complete **review of other municipalities and local organizations** was also conducted.

From this research the MLHU presented **5 options** and made a recommendation regarding the preferred option, for consideration by Civic Administration. The options presented ranged from maintaining the status quo to the complete removal of all beverage vending machines.

The preferred option recommended by the MLHU is to remove all beverage vending machines from City of London operated recreational facilities and City Hall for the following reasons:

- The majority of London facility users (82.5%) bring beverages of their choice from home.
- Sugar sweetened beverages (SSBs) are the single largest source of sugar in the diet.
- Eliminating the sale of all sugary drinks from vending machines, including sports drinks, vitamin water and juices, sends a consistent message that all sugary drinks contribute to the negative health effects of too much sugar in the diet. This approach avoids "health washing," which labels some SSBs as "healthier" than others.
- Water is the best choice to satisfy thirst, to stay hydrated and to feel energetic and alert.
- Plain tap water is safe and easily accessible to children and adults, both at home and in city-run facilities from water fountains and bottle-filling stations.
- When children are encouraged to drink water at a young age, they are more likely to drink water later in life.
- Children with high intakes of SSBs are more likely to be overweight or obese. Each additional SSB consumed per day increases a child's risk of becoming obese by 60%.

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- The sugar in SSBs promotes bacterial growth and the acid in carbonated drinks weakens teeth, which can lead to cavities.
- The removal of beverage vending machines will reduce the number of plastic bottles that find their way into recycling, waste systems or create litter. This approach supports the City's current restriction on the sale of bottled water.
- Decreased distribution of SSBs by the City of London demonstrates leadership in promoting health and creating healthy environments for those families who access programs and services.

Additionally Civic Administration plans to remove all candy vending machines at the end of the current contract for the same reasons cited for sugary beverages.

This report, the report from the MLHU and the staff recommendation have been discussed and supported by staff from Environmental & Engineering Services.

Conclusion/Recommendation:

Subject to Council's endorsement, Civic Administration, with the endorsement of the Medical Officer of Health, will arrange the removal of all cold beverage vending machines from City operated recreational facilities at the end of the extended contract on February 24, 2017. Candy vending machines will also be removed by the vendor at the end of that contract later in 2017.

The MLHU will work collaboratively with the Parks and Recreation and Neighbourhood, Children, and Fire Services departments to implement an education campaign in City facilities on the health risks of excessive sugar consumption and the benefits of tap water to satisfy thirst and to stay hydrated.

FINANCIAL IMPACT

The elimination of cold beverage vending machines and candy machines will result in a loss of approximately \$47,000 in annual revenue. Administration will work to find savings within the current multi-year budget to mitigate this revenue loss.

PREPARED AND SUBMITTED BY:	
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RECOMMENDED BY:	RECOMMENDED BY:
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