

Policy Efforts in Food Service Establishments To Reduce the Burden of Chronic Disease

Bureau of Chronic Disease Prevention



Agenda

- Who We Are
- Nutrition Policy in Food Service Establishments —
 - Why is it important?
 - What are current policies?
- Questions

Who We Are

Our Aim:

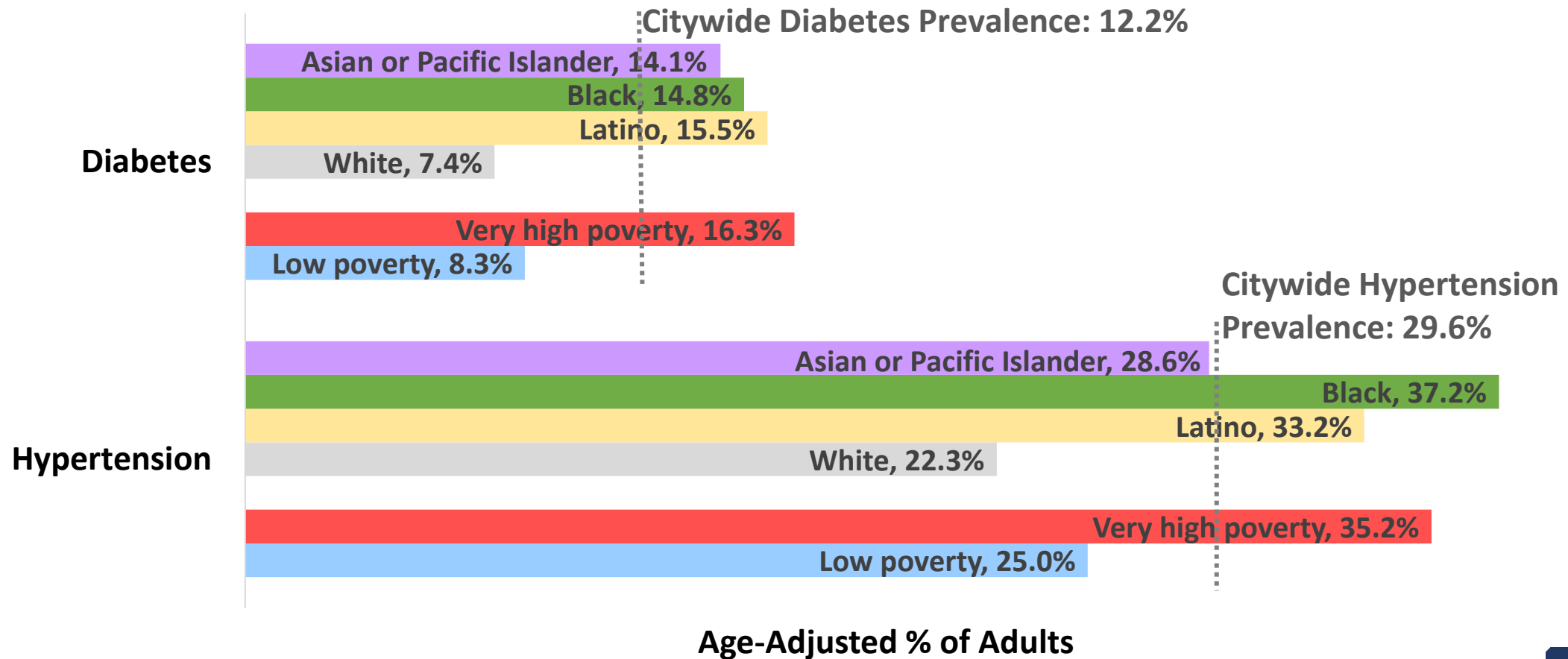
For every New Yorker to be able to easily **navigate** a food system that supports the health of both people and the planet, and to **access** and **afford** healthy food they want to eat

Points of Intervention



Nutrition Policy in Food Service Establishments — Why is it important?

Inequities and High Burden of Diet-Related Disease in NYC



Dietary Intakes Versus Recommendations:

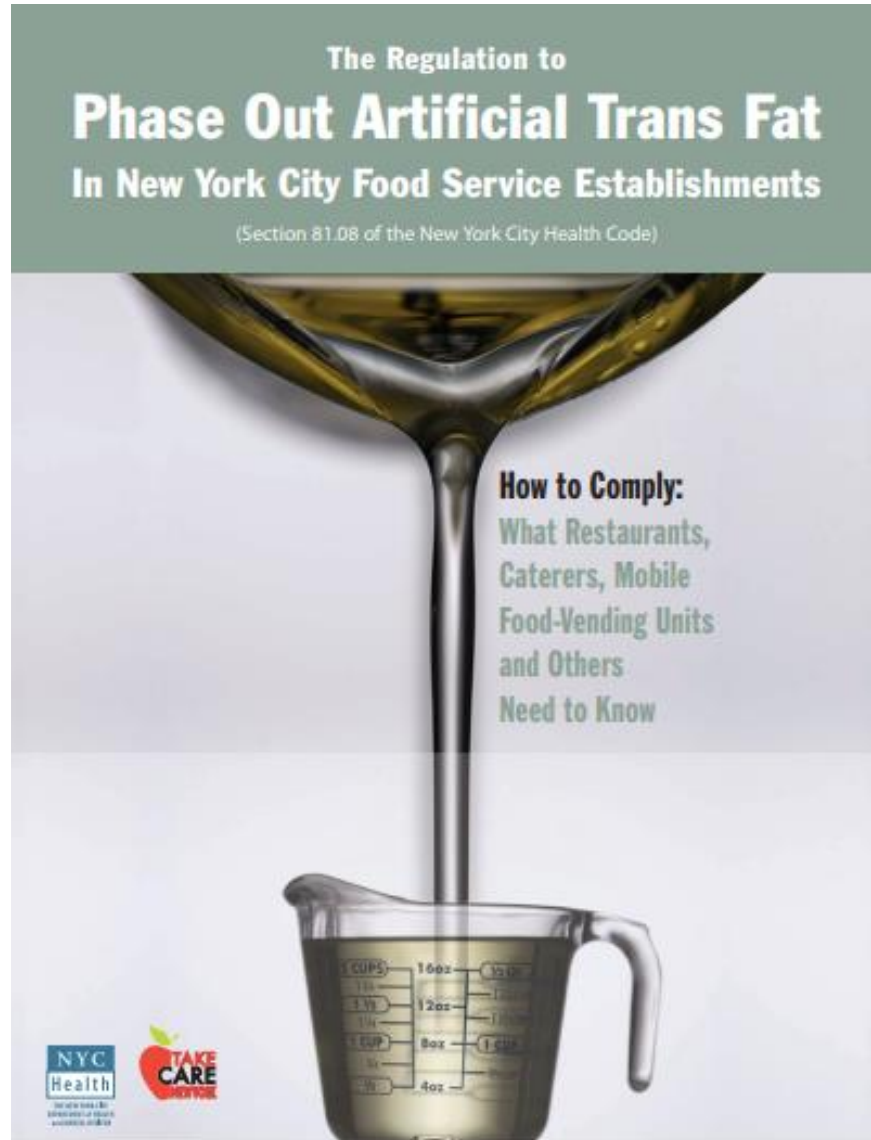
Percentage of the U.S. Population Ages 1 and Older Who Are Below and at or Above Each Dietary Goal



*NOTE: Recommended daily intake of whole grains is to be at least half of total grain consumption, and the limit for refined grains is to be no more than half of total grain consumption.

Data Source: Analysis of What We Eat in America, NHANES 2013-2016, ages 1 and older, 2 days dietary intake data, weighted. Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns (see [Appendix 3](#)).

Nutrition Policy in Food Service Establishments — What are current policies?



What: NYC restricts all food service establishments (FSEs) from using trans fats (2006)

Why: Trans fat increases the risk of heart disease.

How: Board of Health — amendment to NYC Health Code

Key Takeaways:

- Restaurants quickly complied and FDA revoked GRAS (generally recognized as safe) status in 2015
- Trans fats removed from entire U.S. food supply
- NYC restaurants led the way!

Additional information is available at nyc.gov/transfat.



What: Healthy Kids' Meal Bill (2019)

Why: Intake of added sugars is associated with negative health outcomes. Children consume too much added sugar, which can negatively impact their health.

How: City Council legislation (Local Law [LL] 75)

Key Takeaways:

Kids' meals may only include the following default beverage options:

- Plain or sparkling water
- Flavored or unflavored nonfat or 1% milk or milk substitute (8 ounces maximum)
- 100% juice, or 100% juice combined with water

Additional information is available at nyc.gov/assets/doh/downloads/pdf/rii/childrens-meal-faq.pdf.

Did You Know?

Eating too many added sugars may lead to type 2 diabetes and weight gain.

Try these healthy options throughout your day:



For more information, visit nyc.gov/health and search for healthy eating, or visit myplate.gov.



What: Healthy Eating Poster (2019)

Why: Added sugars may lead to type 2 diabetes and weight gain.

How: City Council legislation (LL 138)

Key Takeaways:

- Must be posted in restaurants
- Promotes healthy food choices

Additional information is available at nyc.gov/site/doh/business/food-operators/required-signs.page.



What: Calorie Labeling (2008 in NYC)

Why: Consumers need information to be able to make healthy choices.

How: Board of Health — amendment to NYC Health Code

Key Takeaways:

- Includes food from chain retailers (beyond FSEs)
- Requires establishments to post calories on menus, menu boards
- 2018 — national implementation
- NYC restaurants led the way!

Additional information is available at nyc.gov/assets/doh/downloads/pdf/permit/cal-label-faq.pdf.



What: Sodium Warning (2015)

Why: Too much sodium is linked to increased blood pressure and risk of heart disease and stroke.

How: Board of Health — amendment to NYC Health Code

Key Takeaways:

- Warning statement at point of purchase
- Identifies high sodium items ($\geq 2,300$ mg)
- Enforcement started June 2016
- New York was the first!

Additional information is available at [nyc.gov/site/doh/health/health-topics/heart-disease-choose-less-sodium.page](https://www.nyc.gov/site/doh/health/health-topics/heart-disease-choose-less-sodium.page).



NEWS

NYC Mayor Signs 'Sweet Truth Act' Regulating How Restaurants Display Added Sugar

Things are changing on some NYC menus.

By [Jelisa Castrodale](#) | Published on November 21, 2023



What: Added Sugar Warning (2022 and 2023)

Why: Intake of added sugars is associated with increased risk of excess weight, type 2 diabetes, hypertension, stroke, heart disease and cavities.

How: City Council legislation (LL 33 of 2022 and LL 150 of 2023)

Key Takeaways:

- Includes warning statement and identification of high added sugar items
- Public hearing held 5/23
- Rule being finalized
- Education period to begin within three months of publication of rule
- Enforcement to begin one year from publication of rule

Nutrition Policies — All Restaurants

Policy	Violation	Curable	Appearance Penalty	Default Penalty
Trans Fat	Cooking oil, shortening or margarine contains 0.5 grams or more of artificial trans fat	No	\$200	\$400
Healthy Kids' Meal	Prohibited drink listed on children's menu	Yes	\$100	\$100
Healthy Eating Poster	Failure to post or conspicuously post healthy eating information	Yes	\$100	\$200

Nutrition Policies — Chain FSEs: 15+ Locations

Policy	Curable	Appearance Penalty	Default Penalty
Calorie Labeling	No	\$200	\$400
Sodium Warning Icon	No	\$200	\$400

Enforcement of Nutrition Policies

- Violations do not affect letter grades.
- Curable violations must be corrected within seven days.
 - [nyc.gov/site/doh/business/violations.page](https://www.nyc.gov/site/doh/business/violations.page)
- For any questions about implementing policies, contact the Bureau of Food Safety and Community Sanitation:
 - 212-676-1600
 - infobfscs@health.nyc.gov
 - 125 Worth St., Floor 10, Room 1020, New York, NY 10013

Questions

Sign up for nutrition updates in one of three ways:

1

Scan the
QR code



2

Visit our website

nyc.gov/nutrition

3

Or email us

[eatwell@health.
nyc.gov](mailto:eatwell@health.nyc.gov)